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EVERYBODY'S FRIEND

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DAILY LIVING

A MANUAL DESIGNED TO SIMPLIFY THE WORK OF THE HOUSEKEEPER

Being a Practical Cook Book adapted to Families of Moderate and Small Means, introducing Food Principles, Marketing, Cooking and Serving

WITH SUGGESTIONS FOR

Afternoon Tea Serving, Birthday Parties, Care of Cooking Utensils
Children's School Lunches, Children's Parties, Christmas Giving
Convalescent Cooking, Feeding of Children, Household Hints
Invalid Cooking, Ladies' Formal Luncheons
Thanksgiving Dinner, The Chafing Dish

Furnishing Menus and Recipes for 365 Consecutive Days

By Nellie E. Ewart, Boston Cooking School Graduate, 1898

H. P. HOOD & SONS, Publishers
494 RUTHERFORD AVENUE : BOSTON

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Oct. 15, 1909
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This book is adaptable to perpetual use. It will be observed the menus begin Sunday, Nov. 1, 1908, and end Sunday, Oct. 31, 1909. As Nov. 1, 1909, falls on Monday, that year's menus should begin with those shown for Nov. 2, 1908.

MILK AS FOOD

Written for DAILY LIVING

By

WILLIAM F. BOOS, Ph.D., M.D.

Foods include all those substances which may be used to construct the normal organism, to repair waste and to furnish vital energy and heat. To fulfil these requirements foods must contain proteids, fats, carbohydrates, water and mineral salts.

Proteid foods are familiar to us as the lean of meat, fish, the white of eggs and the curd of milk. All animal and vegetable foods contain proteids, which are characterized by their content of nitrogen. They form the blood and tissues and repair the constant tissue waste; upon them depend the most important functions of life.

The carbohydrates, or sugars and starches, are primarily of vegetable origin, although one animal food, milk, contains a considerable amount of sugar. In the system the carbohydrates are burned to liberate muscular energy and heat; a part of them is stored in the liver as glycogen or animal starch. An excess of carbohydrates may be transformed into fat and deposited as such.

The fats are burned in the body chiefly to form heat, they also yield force ; in fact, carbohydrates and fats may to a certain degree replace each other in food, and the diet of the Esquimaux furnishes a striking example of the extent to which fat may replace sugars and starches.

Excessive fat in food is stored in the body. In health a certain amount of body fat is desirable, but too much fat in the system is a disease.

The value of the different food materials as force producers is expressed in units of heat or calories, a calorie being the amount of heat necessary to raise the temperature of one kilogram (2.2. lbs.) of water one degree centigrade (1.8° Fahr.).

When proteid foods and tissue elements are burned in the system to liberate energy, they are about equal in value to carbohydrates, one gram (15.43 grains) of each yielding 4.1 calories; while the same weight of fat produces more than twice as much energy, 9.3 calories.

Physiologists have taught in the past that the average adult doing moderate work requires in 24 hours about 118 grams (4 oz.) of proteids, 56 grams (1.9 oz.) of fat and 500 grams (16⅔ oz.) of carbohydrates, with a total fuel value of about 3,000 calories. Four years ago Professor Chittenden of Yale showed conclusively by a series of careful experiments on men of very different types and callings that the dietary standard given above is much too high. He found that less than half that amount of proteids and a total fuel value of from 2,000 to 2,500 calories was amply sufficient in every case. To quote his own words: "There must be enough food to make good the daily waste of tissue, enough food to furnish the energy of muscular contraction, but any surplus over and above what is necessary to supply these needs is not only a waste but may prove an incubus, retarding the smooth working of the machinery and detracting from the power of the muscular machine to do its best work."

The physiological value of foods does not depend merely upon the quantity of the food principles present, it depends also on their quality, that is to say, the ease with which they are digested. Of the food we eat only that portion which is digested and absorbed plays a part in

nutrition; the food value of beans, for instance, does not correspond to their high content of proteids (over 24%) because they are very difficultly digestible, a large part of the proteid (20–25%) being lost to the body. Such undigested food means not only economic but also physiological waste, since a considerable amount of energy is expended in its excretion.

Judged by rigorous standards, milk is the most perfect food we know. For infants it is an ideal food. It presents the tissue builders in the form which is most acceptable to their delicate digestive apparatus and in sufficient amount to meet the demands of a rapidly growing organism. Force producers the child needs to a limited extent only, but they must be in a form which will favor easy absorption. While ordinary fat ingested by adult man must be converted into an emulsion by the bile and intestinal digestive juice in order that it may be absorbed, the fat in milk is completely emulsified, predigested as it were, so that the young child, whose intestinal digestive functions are not as yet developed, is enabled to absorb it directly. Similarly the sugar of milk is a carbohydrate food which the child can assimilate with a minimum of digestive work.

Milk also contains all the necessary mineral ingredients for the construction and repair of bone tissue, as well as the iron necessary to form hemoglobin, the pigment of the red blood cells. Bunge, the physiologist, claimed that milk does not contain a sufficient amount of iron to supply the needs of the adult blood, but Professor Schmiedeberg and the writer were enabled to show by experiment that milk given as the only food will supply all the iron needed to form the normal amount of blood pigment in a full grown dog.

In the dietary treatment of disease a food is demanded which will require the least possible digestive effort, but which at the same time will give the best nutritive results. When patients are confined to bed a food of

limited fuel value containing a sufficient supply of proteids is necessary, and milk given frequently in small amounts answers the purpose to perfection. The Karel treatment of heart disease, the typhoid diet, the diet in diseases of the stomach and kidneys, all these are examples of a pure milk diet; in fact, whenever a careful regimen is necessary in the treatment of disease, milk is almost invariably made the basis of the diet.

Adult man needs a large supply of force producers; on this account milk alone is not a food which is perfectly suited for grown men. A daily ration of $1\frac{4}{5}$ quarts of milk will however provide more than the necessary amount of proteids and fats and a part of the carbohydrate needed. In addition to the milk a man would have to consume from 7 to 12 ounces of starch or sugar in order to meet his total fuel requirements. If the carbohydrate food is wheat bread, which contains 8% proteids and 54.45% carbohydrates, he will need less milk, about a quart only, and about a pound of bread besides.

Milk may well be used, therefore, completely to replace meat and fat, two of the most expensive of our regular food stuffs. This is actually done by Russian peasants, who prepare a large variety of excellent dishes from milk, curd, whey and cheese, while meat is used by them on rare occasions only. The mountain shepherds of Switzerland, too, live almost entirely on milk, cheese, bread and vegetables.

To many people milk is simply a beverage. Such people, particularly if they are in moderate circumstances, should learn that milk is a simple, wholesome, easily digested food, which does not require to be cooked and which contains no waste materials.

Nov. 3, 1908.

374 Marlboro St., Boston, Mass.

Introduction to Daily Living

During the ten years that I have been engaged as a teacher of cooking requests have often been made for a plan of daily living with the menus arranged for practical use, not extravagant, and yet dainty, including everything in season, also providing for the left overs. Realizing that the tastes of many differ, I would suggest that a recipe covering the same cost be substituted for any not desired in the daily menus. It will be found an aid before beginning the preparation, to read through the menus carefully each week in order to learn the use of the left overs.

The daily living has been planned for a family of four adults.

The recipes are so arranged that one half may be prepared for the family of two with perfect results. I have balanced each menu, using proteid, fat, carbohydrates (including starches and sugar), and water. A portion of the water is found in the food after preparation. The remainder should be supplied as water, as about five pints are necessary for the daily supply. While, with the exception of water, proteids and fats are the chief ingredients of beef and lamb, yet they are also found in milk, eggs, cheese, beans, fish, butter, cream and oil. I have substituted them to a certain extent for the beef and lamb, thus lowering the cost without lowering the standard of the living.

Statistics show that a man earning $1,200 a year spends about one third of his income for food, the man earning less, from one third to one half as much. I have arranged the daily living for an income of about $1,200 a year, also giving suggestions each month for lowering the cost if desired.

SUGGESTIONS FOR THE BUYING OF GENERAL SUPPLIES

Flour by the bag or barrel.
One bag of flour yields 32 loaves of bread.
Sugar by the 10 pounds.
Coffee by pound.
Gelatin by the ½ pound.
Potatoes by the bushel.
Apples by the barrel.
Butter by the 5 pound box.
Baking powder by the pound.
Graham flour, Indian and rye meal 5 pounds at a time.
Spices by the ¼ pound package.
Lard by the 5 pound pail.
Onions, turnips, carrots by the peck.
Codfish by the pound.
Pea beans by the peck.
Common crackers by the pound.

Full cream cheese by the pound. Milk by the quart at 9 cents, allowing 1 quart for the daily order, and ordering by the quart the extra needed. Allow one pint top of milk for the cereal each morning.

One half pint jar light cream every morning for coffee.

Order fresh eggs by the dozen, using the fresh eggs even in less quantity on account of extra nourishment.

The canned goods are prepared at home and are reckoned from the cost of material.

The bread recipe is prepared twice a week.

The butter is reckoned, allowing a fair average for use on the table, which may be increased as desired.

The prices quoted are from the Boston markets, and are subject to change.

Table of Measures and Weights

All of the Measurements are Level

To obtain the level measurements, cut both sides of the spoon, or the top of the cup, at the same time, with the back of a knife. For one half a spoon divide lengthwise, the quarter and eighth are each divided again. A few grains is less than one eighth teaspoon. The measuring cup is divided into fourths and thirds.

16	level tablespoons	=	1 cup
2	cups butter	=	1 pound
4	cups pastry or bread flour	=	1 pound
4½	cups graham flour	=	1 pound
2⅔	cups granulated corn-meal	=	1 pound
4¾	cups rolled oats	=	1 pound
4⅓	cups coffee	=	1 pound
2	cups granulated sugar	=	1 pound
2⅔	cups brown sugar	=	1 pound
2⅓	cups powdered sugar	=	1 pound
3½	cups confectioner's sugar	=	1 pound

Month of November

November 1

Breakfast

Brown Bread Reheated
Coffee
Baked Beans Reheated
Grapes

Dinner

Fowl Southern Style
Vanilla Ice Cream
Cauliflower
Chocolate Sauce
Mashed Potatoes

Tea

Toasted Bread
Sugar Cookies
Baked Apples
Tea

November 2

Breakfast

Wheat Cereal
Toasted Brown Bread
Coffee
Fried Potato Cakes
Grapes

Luncheon or Supper

White Cream Soup
Coffee Jelly
Baking Powder Biscuit
Sugar Cookies

Dinner

Bechamel Cauliflower
Bread and Butter
Chicken Salad
Steamed Pudding
Boiled Dressing
Hot Custard Sauce

November 3

Breakfast

Wheat Cereal
Coffee
Eggs Scrambled with Tomato
Graham Muffins

Luncheon or Supper

Cheese Souffle
Tea
Toasted Graham Muffins
Hot Maine Gingerbread

Dinner

Baked Bean Soup
Butter Gravy
Stuffed Haddock
Boiled Potatoes
Onion Dressing
Preserved Quinces and Cream

November 4

Breakfast

Oat Cereal Coffee Creamed Potatoes
Scrambled Eggs Toasted Bread

Luncheon or Supper

Creamed Fish in Baked Potatoes
Ginger Cakes with Whipped Cream Baking Powder Biscuit

Dinner

Cream of Celery Soup Cannelon of Beef
Steamed Rice Stewed Tomatoes
Apple Dumplings Hard Sauce

November 5

Breakfast

Wheat Cereal Coffee Baked Sweet Apples
Rice Griddle Cakes

Luncheon or Supper

Emergency Soup Croutons of Bread
Hood's Cottage Cheese with Currant Jelly Uneedas

Dinner

Sliced Cannelon of Beef Baked Potatoes
Cabbage Scalloped with Cheese Cold Indian Pudding

November 6

Breakfast

Wheat Cereal Coffee
Creamed Codfish with Toasted Bread

Luncheon or Supper

Oyster Stew Oyster Crackers Banana Fritters
Currant Jelly Sauce

Dinner

Boiled Fish White Sauce Boiled Potatoes
Mashed Turnips Queen Pudding

November 7

Breakfast

Oat Cereal — Coffee
Bananas — Rye Meal Muffins

Luncheon or Dinner

Fish Cakes — Hot Biscuit
Apple and Lettuce Salad — Crackers

Supper or Dinner

Boston Baked Beans — Steamed Brown Bread
Cabbage Salad — Baked Custards

November 8

Breakfast

Fish Balls — Coffee — Bananas
Brown Bread Reheated

Dinner

Roast Chicken, Bread Stuffing — Gravy
Mashed Potatoes — Boiled Onions — Milk Sherbet

Tea

Welsh Rarebit (Chafing Dish)
Crackers — Milk Sherbet

November 9

Breakfast

Toasted Brown Bread — Wheat Cereal
Reheated Beans — Coffee

Luncheon or Supper

Cheese Croquettes — Dressed Lettuce
Toasted Bread — Baked Apples with Cream

Dinner

Bechamel Chicken — Potato Border
Lemon Custard Pie — Pastry

November 10

Breakfast

Oat Cereal White Muffins
Coffee Scrambled Eggs

Luncheon or Supper

Baked Bean Soup Croutons of Bread
Hot Indian Pudding

Dinner

Boiled Fish Butter Gravy Boiled Potatoes
Stewed Tomatoes
Steamed Pudding Hot Custard Sauce

November 11

Breakfast

Wheat Cereal Creamed Potatoes
Graham Muffins Coffee

Luncheon or Supper

Scalloped Fish Toasted Bread Butter Cake
Chocolate Frosting Baked Apples Tea

Dinner

Scotch Broth Bread and Butter
Apple Dumplings Hard Sauce

November 12

Breakfast

Oat Cereal Coffee Eggs Scrambled with Tomato
Toasted Bread Baked Apples

Luncheon or Supper

Turnip Cream Soup
Reheated Baking Powder Biscuit, with Currant Jelly
Cottage Cheese

Dinner

Fricassee of Lamb Boiled Squash
Mashed Potatoes Preserved Quinces Cake

November 13

Breakfast

Wheat Cereal — Coffee
Fried Potato Cakes — Graham Muffins

Luncheon or Supper

Creamed Codfish — Baked Potatoes
Coffee Jelly and Cream — Cake

Dinner

Baked Haddock with Salt Pork — White Sauce
Boiled Potatoes — Baked Onions
Maine Gingerbread

November 14

Breakfast

Oat Cereal — Hashed Fish
Toasted Bread — Coffee

Luncheon or Dinner

Lamb Cream Soup — Hot Biscuit
Ginger Cakes — Whipped Cream

Supper or Dinner

Baked Beans — Ketchup
Squash Pie — Boston Brown Bread

November 15

Breakfast

Reheated Brown Bread — Coffee
Reheated Beans — Doughnuts

Dinner

Fricassee of Chicken — Gravy — Toasted Bread
Steamed Rice — Celery — Vanilla Ice Cream

Tea

Baked Sweet Apples — Tea
Bread and Butter

November 16

Breakfast

Wheat Cereal — Coffee
Toasted Brown Bread — Scrambled Eggs

Luncheon or Supper

White Cream Soup — Croutons of Bread
Baked Apples — Doughnuts

Dinner

Rice Croquettes — Chicken and Celery Creamed
Bread and Butter — Queen Pudding

November 17

Breakfast

Oat Cereal — White Muffins
Baked Potatoes — Creamed Codfish — Coffee

Luncheon or Supper

Baked Bean Cream Soup
Hot Biscuit — Stewed Figs
Whipped Cream — Tea

Dinner

Boiled Fish — White Sauce — Boiled Potatoes
Dressed Lettuce — Bread and Butter
Banana Fritters — Currant Jelly Sauce

November 18

Breakfast

Wheat Cereal — Bananas
Creamed Potatoes — Doughnuts — Coffee

Luncheon

Scalloped Fish — Toasted Bread
Lettuce and Apple Salad — Crackers

Dinner

Stuffed Rolled Roast — Mashed Potatoes
Mashed Turnips
Canned Peaches and Cream — Butter Cake, Chocolate Frosting

November 19

Breakfast

Rye Meal Muffins — Wheat Cereal
Fried Potato Cakes — Coffee

Luncheon or Supper

Potato Salad — Boiled Dressing
Toasted Rye Muffins — Cake — Tea

Dinner

Cold Stuffed Roast — Bread and Butter
Cabbage Scalloped with Cheese
Jelly and Cheese — Crackers

November 20

Breakfast

Oat Cereal — Coffee
Toasted Bread with White Sauce

Luncheon or Supper

Turnip Cream Soup — Baking Powder Biscuit
Cake — Baked Apples

Dinner

Baked Finnan Haddie — Baked Potatoes
Boiled Onions
Steamed Fruit Pudding — Hot Custard Sauce

November 21

Breakfast

Wheat Cereal — Coffee
Creamed Finnan Haddie — Toasted Bread

Luncheon or Dinner

Roasted Pork Chops with Apple Rings
Baked Potatoes — Coffee Jelly and Cream

Supper or Dinner

Baked Beans — Boston Brown Bread
Cabbage Salad — Baked Custards

November 22

Breakfast

Fish Balls — Toasted Bread
Coffee — Bananas

Dinner

Roast Lamb — Roast Potatoes — Cauliflower
Milk Sherbet — Sugar Cookies

Tea

Cold Baked Beans — Toasted Brown Bread
Milk Sherbet — Sugar Cookies

November 23

Breakfast

Wheat Cereal — Coffee
Reheated Beans — Reheated Brown Bread

Luncheon or Supper

Turnip Cream Soup — Croutons of Bread
Stewed Figs — Whipped Cream
Sugar Cookies

Dinner

Cold Roast Lamb — Cauliflower Scalloped with Cheese
Banana Fritters — Currant Jelly Sauce

November 24

Breakfast

Oat Cereal — White Muffins
Eggs Scrambled with Tomato — Coffee

Luncheon or Supper

Cheese Croquettes — Dressed Lettuce
Hot Biscuit — Baked Apples — Sugar Cookies

Dinner

Lamb and Potato Stew — Bread and Butter
Coffee Jelly — Whipped Cream

November 25

Breakfast

Oat Cereal Coffee Bread and Butter
Baked Potatoes Creamed Codfish

Luncheon

Emergency Soup Toasted Bread
Cottage Cheese Currant Jelly Crackers

Dinner

Baked Fillets of Halibut Boiled Potatoes Butter Gravy
Lettuce and Apple Salad Crackers

November 26

Breakfast

Chicken Fricassee Baked Potatoes
Mince Pie Coffee

Dinner

Tomato Bouillon Roast Turkey Gravy
Bread Stuffing Mashed Potatoes
Celery Boiled Onions
Boiled Squash Cranberry Sauce
Grape Sherbet Steamed Fruit Pudding
Whipped Cream Sauce
Coffee Crackers Cheese

Supper

Welsh Rarebit Crackers

November 27

Breakfast

Oat Cereal Coffee
Toasted Bread Fried Potato Cakes

Luncheon or Supper

Cream of Celery Soup Baking Powder Biscuit
Coffee Jelly and Cream

Dinner

Baked Haddock with Salt Pork
Baked Onions White Sauce
Boiled Potatoes Mince Pie

November 28

Breakfast

Wheat Cereal — Coffee
Reheated Baking Powder Biscuit — Hashed Fish

Luncheon or Dinner

Bechamel Turkey — Baked Potatoes
Hot Biscuit — Queen Pudding

Dinner or Supper

Baked Beans — Boston Brown Bread
Squash Pie

November 29

Breakfast

Reheated Beans — Reheated Brown Bread
Coffee — Oranges

Dinner

Cold Sliced Turkey — Mashed Potatoes
Reheated Gravy — Cranberry Sauce
Vanilla Ice Cream — Chocolate Sauce

Tea

Toast — Tea
Baked Apples and Cream

November 30

Breakfast

Oat Cereal — White Muffins
Fried Potato Cakes — Coffee

Luncheon or Supper

Reheated Baked Beans — Cabbage Salad
Toasted Brown Bread — Hot Gingerbread

Dinner

Meat Loaf — Mashed Potatoes
Boiled Squash — Mince Pie

November 1

Brown Bread Reheated

Cut the bread in ¼ inch slices, put in pan, cover with another pan, and reheat in oven.

Baked Beans Reheated

Add more water to the beans if necessary and reheat. Better reheated in the bean pot in the oven.

Coffee

Allow 1 rounding tablespoon of coffee for each cup of cold water to be used, add 1 egg shell for each tablespoon of coffee. Then add the desired number of cups of cold water. Bring slowly to the boiling point. Boil 3 minutes, then add ½ cup more cold water and let stand 10 minutes before serving.

Fowl Southern Style

Cut a 5 pound fowl in pieces for serving, and start boiling in just enough cold water to cover. Boil 5 minutes, then simmer gently. When partially cooked add 1 quart Hood's milk and 1 teaspoon salt, and finish cooking. Remove the fowl from the stock and arrange on slices of toasted bread, and pour over a gravy, prepared by melting 2 tablespoons Hood's butter, adding 4 tablespoons flour, and gradually 1 pint of the stock, then seasoning with salt and pepper.

NOTE. Pieces of tissue paper laid on top of hot stock will remove the fat.

Cauliflower

Remove the outside leaves, and soak head down ½ hour in cold salted water Cook head up in boiling

salted water, in an uncovered saucepan, about 20 minutes, or until tender. Drain, separate the flowerets, and pour over ⅛ cup Hood's butter melted.

Mashed Potatoes

Wash, pare, and cut in small pieces of uniform size 8 potatoes, and cook about 15 minutes, or until slightly undercooked. Put through a ricer. Add Hood's milk to moisten, 2 tablespoons Hood's butter, salt and pepper. Beat until light, using a fork, then reheat in a hot oven if necessary.

Vanilla Ice Cream

Dissolve ½ cup sugar in ½ cup of Hood's milk scalded, then cool, and add 1 pint of Hood's light cream, ¾ tablespoon vanilla, and freeze, using 3 parts ice to 1 part coarse fine salt. Makes 1 quart of ice cream.

Chocolate Sauce

Add ¼ water, ½ square of Baker's chocolate to ½ cup of sugar. Boil 8 minutes, or until thick. Keep hot over hot water until ready to serve.

Tea

Allow 1 rounding teaspoon of tea for each cup of freshly boiling water. Pour the water onto the tea, and let stand on the back of the range 3 minutes without boiling, and serve immediately.

Toasted Bread

Cut the slices of bread evenly, and about ¼ inch thick. Toast over a clear fire, drying on both sides; then hold nearer to the coals, and brown quickly. Spread with Hood's butter.

Baked Sweet Apples

Core 6 sweet apples; put in either an earthen or granite baking dish; add enough hot water to prevent the apples burning, and bake until soft. Serve with sugar and Hood's light cream.

Sugar Cookies

Cream ⅓ cup Hood's butter, add 1 cup sugar gradually, and 1 of Hood's eggs well beaten. Mix and sift 2 cups flour with 2 teaspoons baking powder, and a few gratings nutmeg, and add alternately with ¼ cup Hood's milk to the first mixture. Chill thoroughly, roll out, shape with a cutter, and bake about 10 minutes on an inverted pan in a moderate oven.

November 2

Wheat Cereal

Mix ½ cup wheat cereal, ½ cup cold water, ¾ teaspoon salt, and add to 1½ cups boiling water. Boil 5 minutes, then steam 20 minutes, stirring occasionally. Serve with sugar and Hood's cream taken from top of milk.

Coffee

Refer to November 1.

Fried Potato Cakes

Shape left over mashed potatoes into flat round cakes, and roll in flour. Brown in Hood's butter, smoking hot; brown on one side, then turn and brown the other side.

Toasted Brown Bread

Butter slices of brown bread, put in baking pan and brown in hot oven without turning.

White Cream Soup

Melt 3 tablespoons Hood's butter, add 4 tablespoons flour, and gradually 1 quart of stock in which fowl was cooked. Stir until thickened, then season with salt, celery salt and paprika; and strain. One pound of meat yields 1 pint of stock.

Baking Powder Biscuit

Mix and sift together twice 2 cups pastry flour, 1 teaspoon salt, 4 teaspoons baking powder. Work in 2 tablespoons Hood's butter, and add about ¾ cup of Hood's milk, very gradually. Turn onto a board well dredged with flour, roll out about ¼ inch in thickness. Shape with a biscuit cutter, and place on an inverted pan ½ inch apart. Bake from 12 to 15 minutes in a hot oven.

Coffee Jelly

Add ¼ cup cold water to 1¼ tablespoons granulated gelatin; then add ⅓ cup boiling water, and when the gelatin is dissolved add 1 cup cold boiled coffee and ¼ cup sugar. Strain through cheese cloth and chill. Serve with sugar and Hood's light cream.

Sugar Cookies

Prepared November 1.

Bechamel Cauliflower

Melt 2 tablespoons Hood's butter, add 2 tablespoons flour, and gradually 1 cup of stock in which fowl was cooked. Stir until thickened, then season with salt and pepper. Put a layer of left over cauliflower in bottom of baking dish, cover with sauce, then cauliflower again, and repeat until all has been used. Add ½ cup rolled

cracker crumbs to 2 tablespoons Hood's butter, melted, and sprinkle over the top, reheat in hot oven.

Chicken Salad

Cut the left over boiled fowl into small cubes, add an equal amount of celery, cut in small pieces, and 2 apples which have been cut with a silver knife. Season with salt, moisten with dressing, and mound on a salad dish.

Boiled Dressing

Mix ½ tablespoon each salt, sugar, and flour, ¼ tablespoon mustard, and a few grains paprika; cream with 1½ tablespoons butter, add the yolks of 2 unbeaten eggs, Hood's, and ¾ cup Hood's milk. Cook over hot water until the mixture begins to thicken, then add ¼ cup vinegar, gradually. Cook until the mixture coats the spoon, then strain and cool. Will require ½ of the dressing for the salad.

Five Hour Bread

Add 1 cup each of boiling water and Hood's milk, scalded, to 1 teaspoon salt, 1 tablespoon sugar, and 2 tablespoons Hood's butter. When lukewarm add 1 yeast cake, dissolved in ¼ cup lukewarm water, and about 6 cups of flour, adding 5 cups all at once, and when well mixed add enough more to make it stiff enough to knead. Knead until light and let rise until doubled in bulk; will require about 3 hours, then shape into 2 loaves, let rise until not quite doubled in bulk; will require about 1 hour. Bake about ¾ of an hour in a moderate oven.

Steamed Pudding

Cream ¼ cup Hood's butter, add ½ cup each molasses and Hood's milk; mix and sift 1 teaspoon baking powder,

½ teaspoon cinnamon, ¼ teaspoon each soda, salt, clove and a few gratings nutmeg and 1⅞ cups flour. Turn into buttered mould and steam 3 hours. Serve with

Hot Custard Sauce

Dilute ½ tablespoon flour with cold water to pour, and stir into ½ cup boiling water; then stir until slightly thickened. Beat the whites of 2 eggs until stiff, add gradually ⅓ cup of sugar, and continue beating. Then add gradually the hot mixture, and ½ teaspoon vanilla. Beat well before serving.

November 3

Wheat Cereal

Refer to November 2.

Eggs Scrambled with Tomato

Beat 2 of Hood's eggs slightly, and add 1 cup canned tomato. Melt 1 tablespoon Hood's butter, add the egg mixture, and stir constantly with a fork until thickened and creamy. Season with salt and pepper.

Coffee

Refer to November 1.

Graham Muffins

Stir together 1 cup of graham flour and 1 cup white flour, sifted with 2 tablespoons sugar and 1 teaspoon salt. Then add 1 cup of Hood's milk gradually, 1 of Hood's eggs well beaten. Then sift in 3½ teaspoons baking powder, and bake in buttered gem pans about 25 minutes. Makes 1 dozen.

Toasted Graham Muffins

Make a double recipe of muffins for breakfast, and break apart 1 dozen. Toast under gas flame, and spread,

while hot, with Hood's butter, or spread with Hood's butter and brown in hot oven.

Cheese Souffle

Melt 1 tablespoon Hood's butter, add 1 tablespoon flour, and gradually 1 cup Hood's milk; then add ⅓ cup soft bread crumbs, and stir constantly until thickened. Remove from the fire, add 1 cup of Hood's cheese, grated, yolks of 2 of Hood's eggs well beaten, salt and paprika to taste. Fold in the stiffly beaten whites of the eggs, and turn into a buttered baking dish. Set in a pan of hot water, and bake in a moderate oven about 25 minutes. Serve immediately.

Tea

Refer to November 1.

Maine Gingerbread

Mix ½ cup each sugar, molasses, boiling water, and ¼ cup Hood's butter, melted. Sift together 1 teaspoon each salt, soda, ginger, and 3¼ cups flour. Add to the first mixture and beat well. Bake ½ in a buttered bread tin about 20 minutes, and the remainder in 1 dozen small cake tins.

Baked Bean Soup

Fry 2 slices onion, bit of bay leaf, ½ teaspoon celery salt in 1 tablespoon Hood's butter, add 1 pint cold baked beans, and 1 quart cold water, and 1 cup canned tomatoes. Simmer ½ hour, then strain. Melt 1 tablespoon Hood's butter, add 1 tablespoon flour, and gradually the bean mixture. Stir until boiling, then season with salt and pepper and strain again.

Stuffed Haddock

Wipe a 4 pound haddock; stuff with onion dressing, and sew together. Lay on strips of salt pork in a baking

pan, season with salt and put 3 strips of salt pork on top of fish. Bake about 1 hour in a hot oven, basting often with the fat in the pan.

Onion Dressing

Melt ¼ cup Hood's butter, add 1 small onion cut fine, and 1 cup stale bread crumbs. Season with salt.

Boiled Potatoes

Pare 8 potatoes and cook in boiling salted water about 35 minutes or until soft. Drain, and shake gently in the pan until dry, holding over the stove.

Butter Gravy

Melt 2 tablespoons Hood's butter, add 3 tablespoons flour, and gradually 1½ cups hot water. Stir until thickened, boil 2 minutes, and add 1 tablespoon more Hood's butter. Season with salt and pepper.

Preserved Quinces and Apples

Pare, core and slice the quinces; pare, core and quarter a double amount of sweet apples. While preparing let the cut fruit stand in cold water to prevent discoloration. Cook the quinces in boiling water until nearly tender, then remove with a skimmer. Use the water in preparing a syrup, allowing 2½ cups sugar to each quart water, adding more water to that in which the quinces were cooked if necessary. After boiling sugar and water together 5 minutes, add the quinces and apples, and cook until the apples are soft, or about 10 minutes. Pack the fruit into jars and overflow the jars with the syrup, sealing while hot. One half peck quinces and 1 peck of sweet apples should preserve about 10 quarts.

Quinces and Cream

Serve with 1 pint preserved quinces ½ cup Hood's medium cream.

November 4

Oat Cereal

Mix in the top of the double boiler ¾ cup of any oat preparation, ½ teaspoon salt and 1½ cups cold water, and let stand over night. In the morning boil 5 minutes, stirring until thickened, then cook over hot water 20 minutes, stirring occasionally.

Coffee

Refer to November 1.

Creamed Potatoes

Melt 1½ tablespoons Hood's butter, add 1 tablespoon flour and gradually ¾ cup Hood's milk. Stir until thickened, then add 1½ cups cold boiled potatoes cut in cubes. When reheated season with salt and pepper and add 1 tablespoon more Hood's butter.

Scrambled Eggs

Beat 3 of Hood's eggs slightly, add ⅔ cup Hood's milk and ¼ teaspoon salt. Melt 1 tablespoon Hood's butter, add the eggs and cook until creamy, stirring constantly with a silver fork.

Baked Potatoes

Wash 4 medium sized potatoes and put in baking pan. Bake 35 minutes, or until soft.

Creamed Fish in Baked Potatoes

Cut the potatoes in halves lengthwise and scoop out the inside. Add the left over baked fish, picked in small

pieces, and moisten with the left over butter gravy and season with salt. Refill the skins and bake about 5 minutes in a hot oven.

Toasted Bread. Refer to November 1.

Ginger Cakes. Prepared November 3.

Whipped Cream

Beat ½ cup Hood's medium cream until thick, then sweeten and flavor to taste.

Baking Powder Biscuit

Refer to November 2.

Cream of Celery Soup

Cover with cold water 3 cups of celery leaves with the outside stalks, left from the chicken salad, add ½ onion and cook ½ hour, or until tender, then press through a sieve. There should be 1 pint. Melt 2 tablespoons Hood's butter, add 4 tablespoons flour and gradually 1 pint Hood's milk. Then add the celery stock and stir until thickened. Season with salt and pepper.

Cannelon of Beef

Pass 2 pounds of lean beef through the meat chopper. Add 1 teaspoon salt, few grains pepper, and a few drops onion juice. Then add 1 of Hood's eggs well beaten and ⅓ cup soft bread crumbs soaked in ½ cup Hood's milk. Mix thoroughly, and shape into a roll, pressing lightly. Place on pieces of salt pork in a baking pan, and bake about 30 minutes in a hot oven, basting often with the fat in the pan.

Steamed Rice

Put 1 cup of unwashed rice in top of double boiler, cover with a quantity of cold water and boil 5 minutes,

then drain and rinse thoroughly. Return to double boiler, add 1 teaspoon salt, 1 pint Hood's milk, scalded, and 1 cup of boiling water. Cook 40 minutes, or until rice is soft, adding more water if needed.

Stewed Tomatoes

Reheat 1 pint of canned tomatoes, season with salt and pepper, and serve very hot.

Apple Dumplings

In preparing baking powder biscuits for luncheon, make a double recipe and roll out ½ of the recipe into 8 rounds the size of a coffee saucer. Lay in the centre of each round 1 apple pared, cored, and cut in quarters. Fold over the dough to cover the apple and put in buttered pan, having the smooth side on top. Bake in moderate oven about ½ hour, or until the apples are tender. Serve with

Hard Sauce

Cream ¼ cup Hood's butter, add 1 cup brown sugar gradually, and, drop by drop, 2 tablespoons Hood's milk. Then add a few gratings nutmeg.

November 5

Wheat Cereal. Refer to November 2.

Coffee. Refer to November 1.

Baked Sweet Apples. Refer to November 1.

Rice Griddle Cakes

Add 1 cup Hood's milk, scalded, to ½ cup warm rice, prepared November 4, and let stand over night. Mix and sift ⅞ cup flour, ½ teaspoon salt, 1½ teaspoons baking powder; add the rice mixture gradually, 1 of

Hood's eggs well beaten. Fry on hot well buttered griddle until well puffed, and cooked around the edges; then turn and cook the other side. Remove from griddle, spread with Hood's butter and sprinkle with sugar.

Emergency Soup

Cook 1 onion finely chopped, 1 carrot and 1 small turnip cut in small pieces in ¼ cup Hood's butter 15 minutes. Add 1 pint potatoes cut in small pieces; cover and cook slowly 10 minutes. Add 3 cups boiling water and cook until the vegetables are soft, then add 1 cup Hood's milk, salt and pepper to taste.

Croutons of Bread

Spread stale bread with Hood's butter and cut in ½ inch slices; remove the crusts and cut the slices into quarters. Put in pan, buttered side up, and brown in hot oven, turning once.

Cheese and Jelly

Cut Hood's cottage cheese into fourths and ⅓ tumbler of currant jelly into fourths. Serve the cheese and jelly together, accompanied with crackers.

Sliced Cannelon of Beef

Slice the beef prepared and left over from November 4, and serve cold.

Baked Potatoes

Refer to November 4.

Cabbage Scalloped With Cheese

Cut ½ cabbage in pieces and boil in salted water until tender. Put in buttered baking dish; sprinkle with salt and pepper, and ½ cup Hood's full cream cheese

grated. Then add 1 cup of white sauce, prepared by melting 2 tablespoons Hood's butter, adding 2 tablespoons flour and gradually one cup Hood's milk. Cover with ½ cup rolled cracker crumbs moistened with 2 tablespoons Hood's butter, melted. Reheat in hot oven.

Cold Indian Pudding

Scald 1½ cups Hood's milk with 2½ tablespoons Indian meal and cook in double boiler 10 minutes. Add ½ teaspoon salt and ¼ cup molasses. Put in a buttered dish, and set in a moderate oven. Then turn in 1 cup more of Hood's milk, cold, but do not stir in. Bake 1½ hours very slowly. Serve with Hood's light cream.

November 6

Wheat Cereal Refer to November 2.

Coffee. Refer to November 1.

Toasted Bread. Refer to November 1.

Creamed Codfish

Cut in small pieces ½ cup salt codfish, soak 10 minutes in lukewarm water, then drain. Melt 1½ tablespoons Hood's butter, add 1½ tablespoons flour, then add gradually 1 cup Hood's milk. Add the codfish and 1 tablespoon more Hood's butter, and season with salt if necessary.

Oyster Stew

Pick over 1 pint oysters, looking for pieces of shell, add ½ cup cold water; bring slowly to the boiling point, and cook until plump and the edges begin to curl. Scald 1 pint Hood's milk; put ½ teaspoon salt, few grains of pepper, and 2 tablespoons Hood's butter in tureen. Pour in oysters and milk and serve very hot with oyster crackers.

Banana Fritters

Sift together 1⅓ cups flour, 2 teaspoons baking powder, ¼ teaspoon salt. Beat 1 of Hood's eggs, add ⅔ cup Hood's milk; let stand 1 hour, then add 2 bananas sliced thin. Drop by spoonfuls into deep fat, fry, and drain on brown paper. Serve with

Currant Jelly Sauce

Boil ¾ cup sugar and ¼ cup water together 4 minutes. Then pour onto ⅓ cup currant jelly which has been beaten until soft with a silver fork.

Boiled Fish

Tie 1½ pounds halibut in a piece of cheese cloth, and put in gently boiling water to which has been added 1½ teaspoons each salt and vinegar. Boil gently 25 or 30 minutes, until the fish is dry and flakes apart. Place on platter, remove the skin and serve with

White Sauce

Melt 2 tablespoons Hood's butter, add 2 tablespoons flour, and gradually 1 cup Hood's milk. Add ¼ at a time, and stir constantly until thickened and smooth before adding the next fourth. Season with salt and pepper.

Boiled Potatoes

Refer to November 3.

Mashed Turnips

Wash, pare, and cut 3 turnips in small pieces of uniform size. Cook in boiling salted water until soft, then drain, mash, season with salt, and add 1 tablespoon Hood's butter.

Queen Pudding

Beat the yolks of 2 of Hood's eggs, add ¼ cup sugar, ⅛ teaspoon cinnamon, ½ teaspoon vanilla, and 1 pint Hood's milk. Pour over 1 cup fine bread crumbs and let stand about ½ an hour. Then bake until firm to the centre. Spread with ⅓ glass currant jelly, and cover with a meringue, made by beating the whites of the eggs stiff and beating in gradually ¼ cup sugar, then browning 8 minutes in a moderate oven.

November 7

Oat Cereal. Refer to November 4.

Coffee. Refer to November 1.

Rye Meal Muffins

Substitute rye meal for graham flour in muffins given November 3 and proceed as for graham muffins.

Fish Cakes

Mash 4 potatoes, and add fish left over from November 6, also any remaining white sauce, moisten with Hood's milk, and season with salt and pepper. Shape into flat round cakes, and brown in hot butter.

Hot Biscuit

Shape biscuit after bread has doubled in bulk. Let rise in pan until not quite doubled in bulk, and bake about 25 minutes in a moderate oven. One loaf of bread allows for 2 dozen biscuit.

Lettuce and Apple Salad

Wash, drain and wrap in a piece of cheese cloth the leaves of a head of lettuce When ready to use arrange the desired number of leaves in a salad dish. Pare,

core, quarter, and cut in ⅛ inch slices 2 apples. Arrange on the lettuce leaves and pour over a

French Dressing

Mix ½ teaspoon salt, 4 tablespoons oil, 2 tablespoons vinegar and stir until blended.

Boston Baked Beans

Pick over and soak over night 1½ pints of California pea beans. In the morning drain and rinse thoroughly and parboil until the skins burst, which may be determined by taking up a few and blowing on them. Then drain and put into the bean pot. Wash, scrape, and gash the rind of ¼ pound salt pork, and place on top of beans, having the rind exposed above the beans, add ½ tablespoon salt, 2 tablespoons molasses, and ⅛ teaspoon soda; then cover with hot water. Cook very slowly about 8 hours, adding water as needed to keep the beans covered.

Boston Brown Bread

Mix and sift 1 cup each rye and Indian meal and 1 cup white flour with 2½ teaspoons soda and 1 teaspoon salt. Add ½ cup molasses and 2 cups of thick sour milk, or 1¾ cups Hood's sweet milk. Turn into buttered mould, and steam 3 hours; then uncover and put in oven about 10 minutes.

Cabbage Salad

Shred very fine the half cabbage left from November 5, and let stand 1 hour in cold water; then drain very dry in a piece of cheese cloth. Mix with boiled dressing, left from November 2. Season with salt and mound on a salad dish.

Baked Custards

Beat 2 of Hood's eggs slightly; add ¼ cup sugar, few grains salt and a few gratings nutmeg. Then add 1½

cups scalded milk. Turn into 4 custard cups and set in a pan of warm water. Bake in a moderate oven until firm, and, when tested, a silver knife will come out clean.

November 8

Fish Balls

Cut in small pieces, using the scissors, 1 cup salt fish; wash, pare, and cut in small pieces of uniform size 2 heaping cups potatoes. Put fish and potatoes together, cover with cold water, bring to the boiling point and boil until the potatoes are slightly underdone. Drain thoroughly, mash, season with salt if necessary, and add 1 of Hood's eggs unbeaten. Beat the mixture until very light, drop by spoonfuls into hot fat and fry until brown and drain on brown paper. Makes 10 fish balls.

Coffee. Refer to November 1.

Brown Bread Reheated. Refer to November 1.

Roast Chicken

Singe, clean, stuff and truss a 4 pound chicken. Place on rack in dripping pan; cover the breast with pieces of salt pork and fasten into place, using tooth picks. Place in hot oven, breast side up and sear over uniformly; turn breast side down, reduce the heat, and add a little hot water to the pan. Baste every 10 minutes, using first ⅛ cup Hood's butter melted in ½ cup hot water, then finish basting with the fat in the pan. Dredge with flour after each basting. Roast 2 hours, or until the second joint separates easily from the body with a fork.

Gravy

Add 4 tablespoons flour to 4 tablespoons of the fat left in the pan. Brown well, then add gradually 1½ cups hot water. Boil 5 minutes, and season with salt.

The giblets may be cooked in boiling water until soft, then cut in small pieces and added to the gravy.

Stuffing

Mix 2 cups soft bread crumbs, ¼ cup Hood's butter melted in ½ cup hot water, 1 teaspoon poultry seasoning.

Mashed Potatoes

Refer to November 1.

Boiled Onions

Peel 1 quart onions, keeping under cold water while peeling. Put in saucepan, cover with cold water, add ½ teaspoon soda, bring to the boiling point, boil 5 minutes, then drain, rinse, put in saucepan, cover with boiling water, and boil uncovered until soft, add 1 cup Hood's milk just before the onions have finished cooking. Drain, season with salt, and add 2 tablespoons Hood's butter.

Milk Sherbet

Add the juice of 3 lemons and 1 quart of Hood's milk to 1½ cups sugar. The mixture may curdle, but will freeze smooth. Freeze, using 3 parts ice to 1 part coarse fine salt. Remove the dasher, repack, using 4 parts ice to one part salt; makes 2 quarts sherbet.

Welsh Rarebit

Melt 1 tablespoon Hood's butter, add 1 tablespoon flour and gradually ¾ cup Hood's milk; when thickened add 1 cup Hood's full cream cheese cut in small pieces. Stir until melted, then add the yolk of 1 of Hood's eggs, unbeaten, and the white beaten stiff; add ¼ teaspoon each salt and mustard and few grains paprika. Serve on Uneeda biscuit. Make in the chafing dish, using hot water in the pan under the blazer. May be prepared in the double boiler.

November 9

Toasted Brown Bread. Refer to November 2.

Wheat Cereal. Refer to November 2.

Reheated Beans. Refer to November 1.

Coffee. Refer to November 1.

Cheese Croquettes

Make a white sauce, using 2 tablespoons Hood's butter, ⅓ cup flour, ⅔ cup Hood's milk. Add ¼ teaspoon salt, paprika, yolks of 2 of Hood's eggs, ½ cup Hood's full cream cheese grated, and 1 cup Hood's full cream cheese cut in small pieces. Cool, shape, allowing 1 rounding tablespoon to each croquette, and roll into balls. Add 2 tablespoons cold water to the whites of the eggs. Dip in crumbs, prepared by drying the bread, then putting through the meat chopper. Then dip in the egg, then in crumbs again. Fry in deep fat and drain on brown paper. Serve with

Dressed Lettuce

Refer to November 7. Apple and lettuce salad, omitting the apple.

Toasted Bread. Refer to November 1.

Baked Apples. Refer to November 1.

Bechamel Chicken

Cut the chicken left from roast chicken November 8 into small pieces, and season highly with salt, celery salt and paprika. Cover the bones with 1 pint cold water and cook slowly 1 hour, then strain, reserving ¾ cup of the stock. Melt 2 tablespoons Hood's butter, add 2

tablespoons flour, then add the reserved chicken stock and ¾ cup Hood's milk; when thickened add the cut chicken and let stand over hot water until ready to serve. Serve in a

Potato Border

Arrange the mashed potatoes left November 8 as a border around a platter. Brush over with Hood's milk and reheat in a hot oven.

Lemon Custard Pie

Cream 2 tablespoons Hood's butter, add 1 cup sugar, 2 tablespoons flour, grated rind and juice 1 lemon, yolks of 2 of Hood's eggs well beaten, 1 cup Hood's milk, then beat in the whites of 2 eggs beaten stiff. Bake in a deep plate lined with pastry.

Pastry

Mix thoroughly with a knife ⅓ cup lard, ½ teaspoon salt, 2 cups pastry flour, add cold water to form a stiff dough. Turn out on a board, and roll out an oblong piece about 8 by 6 inches, turn half around and lay in lower centre third ¼ cup washed butter, shaped in a circular piece; fold the upper half down over the lower half, and fold ⅓ over and ⅓ under the middle third, which holds the butter. Pat, roll out 3 times, folding in thirds after each rolling, and turn half way around after the folding. Use ½ for lining plate.

November 10

Oat Cereal

Refer to November 4.

White Muffins

Substitute 1 cup white flour for graham in muffins prepared November 3 and proceed as for graham muffins.

Coffee. Refer to November 1.

Scrambled Eggs. Refer to November 4.

Baked Bean Soup. Refer to November 3.

Croutons of Bread. Refer to November 5.

Hot Indian Pudding. Refer to November 5.

Boiled Fish. Refer to November 6.

Boiled Potatoes. Refer to November 3.

Butter Gravy. Refer to November 3.

Stewed Tomatoes. Refer to November 4.

Steamed Pudding. Refer to November 2.

Hot Custard Sauce. Refer to November 2.

November 11

Wheat Cereal. Refer to November 2.

Creamed Potatoes. Refer to November 4.

Graham Muffins. Refer to November 3.

Coffee. Refer to November 1.

Scalloped Fish

Separate into flakes the left over fish from November 10, and arrange on a buttered platter with 1 cup white sauce, prepared as on November 6. Cover with ½ cup rolled cracker crumbs moistened with 2 tablespoons Hood's butter, melted. Reheat in hot oven.

Toasted Bread. Refer to November 1.

Baked Apples. Refer to November 1.

Tea. Refer to November 1.

Butter Cake

Cream ¼ cup butter, add 1 cup sugar gradually, and continue beating; then add 2 well beaten eggs, and beat the 3 ingredients together until very light, using the egg beater. Sift together 1 ¾ cups flour with 2 ¾ teaspoons baking powder, and add alternately with ½ cup milk to the first mixture. Add ½ teaspoon vanilla. Put in buttered pan and bake about 40 minutes in a moderate oven. Frost with

Chocolate Frosting

Melt 1 ½ squares chocolate, add 3 tablespoons hot water, and 2 tablespoons confectioners' sugar, and cook, stirring constantly, until smooth and thick. Then add enough sugar to make of a consistency to spread.

Scotch Broth

Soak ¼ cup pearl barley over night in cold water to cover. In the morning drain, add 2 quarts boiling water, and cook slowly 1 hour, stirring occasionally, add 2 pounds forequarter of lamb and cook 1 hour longer. Then add ½ cup each turnip, carrot and onion cut in small pieces, and 1 cup canned tomato. Cook until the meat and vegetables are tender, adding more water as needed. Remove the meat; take out the bone and cut the meat in small pieces. Put the meat in the broth, and season with salt and pepper.

Bread and Butter

Refer to November 2.

Apple Dumplings. Refer to November 4.

Hard Sauce. Refer to November 4.

November 12

Oat Cereal. Refer to November 4

Coffee. Refer to November 1.

Eggs Scrambled with Tomato

Refer to November 3.

Toasted Bread

Refer to November 1.

Turnip Cream Soup

Add 1 quart Hood's milk scalded with 1 slice onion to 1 cup mashed turnip. Melt 3 tablespoons Hood's butter, add 3 tablespoons flour and gradually the milk, and season.

Reheated Baking Powder Biscuit

Prepare a double recipe of biscuit mixture November 11 and bake ½ as biscuit. When ready to serve sprinkle with cold water, put in baking pan, cover with another pan, and reheat in hot oven. Serve with

Jelly and Cheese

Refer to November 5.

Fricassee of Lamb

Add 1 quart cold water to 2 pounds forequarter lamb, and simmer until the meat is tender, seasoning with salt, when partly cooked. Cut the meat in pieces for serving,

then brown in Hood's butter in the frying pan. Add enough more Hood's butter to make 2 tablespoons, add 4 tablespoons flour, and gradually 1 pint stock, season, and add to meat.

Boiled Squash

Cut up in small pieces about 2 pounds squash which has been peeled. Cook in boiling salted water until soft. Put through ricer, add salt, pepper, and 2 tablespoons Hood's butter.

Mashed Potatoes. Refer to November 1.

Preserved Quinces. Prepared November 3.

Cake. Prepared November 11.

November 13

Wheat Cereal. Refer to November 2.

Coffee. Refer to November 1.

Fried Potato Cakes. Refer to November 2.

Graham Muffins. Refer to November 3.

Creamed Codfish. Refer to November 6.

Baked Potatoes. Refer to November 4.

Coffee Jelly and Cream. Refer to November 2.

Cake. Prepared November 11.

Baked Haddock with Salt Pork

Prepare fish as November 3, but do not stuff. Put 6 slices of salt pork in baking pan, lay in fish and bake as fish November 3.

Baked Onions

Prepare and parboil onions, as November 8; after the 5 minute parboiling, drain, put in pan with fish, and bake fish and onions together about 40 minutes, or until fish is dry and flakes apart and onions are soft. Serve both with

White Sauce. Refer to November 6.

Boiled Potatoes. Refer to November 3.

Maine Gingerbread. Refer to November 3.

November 14

Oat Cereal

Refer to November 4.

Hashed Fish

Flake the fish left November 13, and chop the left over potatoes fine. Season with salt and pepper. Moisten with any left over white sauce, and Hood's milk. Then reheat and brown in Hood's butter.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Lamb Cream Soup

Prepare as white cream soup, November 2, using 1 pint lamb stock and 1 pint milk in place of chicken stock.

Hot Biscuit. Refer to November 7.

Ginger Cakes. Prepared November 12.

Whipped Cream. Refer to November 4.

Baked Beans. Refer to November 7

Boston Brown Bread. Refer to November 7.

Squash Pie

Line the plate with pastry left November 9, and fill with 1 ½ cups hot mashed squash, mixed with 1 teaspoon Hood's butter, ½ teaspoon cinnamon, ½ cup sugar, 1 cup Hood's milk scalded, yolk of 1 of Hood's eggs, and the white beaten creamy, but not stiff. Bake about 40 minutes in a moderate oven.

November 15

Reheated Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Doughnuts

Put 3 cups pastry flour, 1 cup sugar in a shallow pan. Sift in 1 teaspoon salt and 4 teaspoons baking powder. Beat the yolks of 2 of Hood's eggs, add 1 cup Hood's milk and stir into the dry ingredients; add few gratings nutmeg and ¼ teaspoon cinnamon. Mix well, turn out on a board dredged with bread flour, roll out, shape with a doughnut cutter, fry in deep fat and drain.

Fricassee of Chicken

Prepare and boil a 5 pound fowl as fowl Southern style, November 1. Then fry in Hood's butter. Remove to serving dish and arrange on slices of toasted bread. Pour over a gravy prepared as in fricassee of lamb, November 12. Serve with a border of steamed rice. Refer to November 4.

Vanilla Ice Cream. Refer to November 1.

Baked Sweet Apples. Refer to November 1.

Tea. Refer to November 1.

Bread and Butter. Refer to November 1.

November 16

Wheat Cereal. Refer to November 2.

Toasted Brown Bread. Refer to November 2.

Scrambled Eggs. Refer to November 4.

Coffee. Refer to November 1.

White Cream Soup. Refer to November 2.

Croutons of Bread. Refer to November 5.

Baked Apples. Refer to November 1.

Doughnuts. Prepared Novembr 15.

Rice Croquettes

Add 1 of Hood's eggs unbeaten to 1½ cups warm rice left from November 15. Let stand until cool and ready to use; then shape, egg and crumb, as cheese croquettes, refer to November 9, using whites of the 2 eggs left from the doughnuts. Fry in deep fat and drain on brown paper.

Chicken and Celery Creamed

Prepare white sauce, refer to November 6, and add the chicken cut in small pieces left from fricassee

chicken, and 1 cup of left over celery, which has been cut in small pieces and cooked in boiling salted water until soft. Reheat and season with salt and pepper.

Bread and Butter. Refer to November 2.

Queen Pudding. Refer to November 6.

November 17

Oat Cereal.

Refer to November 4.

White Muffins

Use 1 cup pastry flour in place of graham flour, and prepare as graham muffins, refer to November 3.

Baked Potatoes. Refer to November 4.

Creamed Codfish. Refer to November 6.

Coffee. Refer to November 1.

Baked Bean Cream Soup

Use 1 cup Hood's milk in place of tomato and prepare as baked bean soup, refer to November 3.

Hot Biscuit

Refer to November 7.

Stewed Figs

Wipe ½ pound figs, and cook with 1 cup water and ¼ cup sugar until tender. Add the juice of 1 lemon. Cool and serve with

Whipped Cream. Refer to November 4.

Tea. Refer to November 1.

Boiled Fish. Refer to November 6.

White Sauce. Refer to November 6.

Boiled Potatoes. Refer to November 3.

Dressed Lettuce. Refer to November 9.

Bread and Butter. Refer to November 2.

Banana Fritters. Refer to November 6.

Currant Jelly Sauce. Refer to November 6.

November 18

Wheat Cereal. Refer to November 2.

Creamed Potatoes. Refer to November 4.

Doughnuts. Prepared November 15.

Coffee. Refer to November 1.

Scalloped Fish. Refer to November 11.

Toasted Bread. Refer to November 1.

Lettuce and Apple Salad. Refer to November 7.

Stuffed Rolled Roast

Wipe 2 pounds steak cut from the round, ¾ inch in thickness. Spread with a stuffing prepared with 1½ cups cracker crumbs, ¼ cup Hood's butter, melted, ½ cup boiling water, salt, pepper, sage. Roll, fasten, and bake 45 minutes.

Mashed Potatoes

Refer to November 1.

Mashed Turnips. Refer to November 6.

Canned Peaches and Cream

Serve 1 pint jar of peaches with ½ cup of Hood's medium cream.

Butter Cake. Refer to November 11.

Chocolate Frosting. Refer to November 11.

November 19

Wheat Cereal. Refer to November 2.

Rye Meal Muffins. Refer to November 7.

Fried Potato Cakes. Refer to November 2.

Coffee. Refer to November 1.

Potato Salad

Cut in cubes 3 cups cold boiled potatoes, season with salt and onion juice, and moisten with ½ the recipe of

Boiled Dressing. Refer to November 2.

Toasted Rye Muffins. Refer to November 3.

Cake. Prepared November 18.

Tea. Refer to November 1.

Cold Stuffed Roast. Prepared November 18.

Bread and Butter. Refer to November 2.

Cabbage Scalloped With Cheese

Refer to November 5.

Jelly and Cheese

Refer to November 5.

November 20

Oat Cereal. Refer to November 4.

Coffee. Refer to November 1.

Toasted Bread. Refer to November 1.

White Sauce. Refer to November 6.

Turnip Cream Soup. Refer to November 12.

Baking Powder Biscuit. Refer to November 2.

Cake. Prepared November 18.

Baked Apples. Refer to November 1.

Baked Finnan Haddie

Soak a 3 pound finnan haddie in a baking pan, using 1 cup each cold water and Hood's milk, for ½ hour. Drain, dot with 1 tablespoon Hood's butter, and bake about ½ hour in a hot oven. Remove to platter.

Baked Potatoes. Refer to November 4.

Boiled Onions. Refer to November 8.

Steamed Fruit Pudding

Add ½ cup raisins and ¼ cup currants to creamed butter, and proceed as steamed pudding. Refer to November 2.

Hot Custard Sauce

Refer to November 2.

November 21

Wheat Cereal. Refer to November 2.

Coffee. Refer to November 1.

Creamed Finnan Haddie

Separate in small pieces the finnan haddie left November 20, and reheat in

White Sauce. Refer to November 6.

Toasted Bread. Refer to November 1.

Roasted Pork Chops

Wipe 1½ pounds pork chops, put in baking pan, and roast in hot oven about ½ hour, turning once.

Apple Rings

Beginning with the stem end, cut 3 unpared apples in slices, then remove the core from each one. After the pork chops have been cooking 10 minutes lay on the pork the apple rings and cook the two together.

Baked Potatoes. Refer to November 4.

Coffee Jelly. Refer to November 2.

Baked Beans Refer to November 7.

Boston Brown Bread. Refer to November 7.

Cabbage Salad. Refer to November 7.

Baked Custard. Refer to November 7.

November 22

Fish Balls. Refer to November 8.

Toasted Bread. Refer to November 1.

Coffee

Refer to November 1.

Roast Lamb

Skin a 6 pound leg of lamb, rub over with salt, and dredge with flour. Place on rack in baking pan, and roast 15 minutes to the pound, and an extra 15 minutes for the meat to heat through. Baste every 10 minutes, with the fat in the pan.

Roast Potatoes

Pare small potatoes of uniform size, and parboil 10 minutes in boiling salted water. Drain, and cook in pan with lamb about 40 minutes. Baste the potatoes with the fat when basting the meat.

Cauliflower. Refer to November 1.

Milk Sherbet. Refer to November 8.

Sugar Cookies. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

November 23

Wheat Cereal. Refer to November 2.

Reheated Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Turnip Cream Soup. Refer to November 12.

Croutons of Bread. Refer to November 5.

Stewed Figs. Refer to November 17.

Whipped Cream. Refer to November 4.

Sugar Cookies. Prepared November 22.

Cold Roast Lamb. Prepared November 22.

Cauliflower Scalloped with Cheese

Refer to cabbage scalloped with cheese, November 5.

Banana Fritters. Refer to November 6.

Currant Jelly Sauce. Refer to November 6.

November 24

Oat Cereal. Refer to November 4.

White Muffins. Refer to November 17.

Eggs Scrambled with Tomatoes

Refer to November 3.

Coffee. Refer to November 1.

Cheese Croquettes. Refer to November 9.

Dressed Lettuce. Refer to November 9.

Hot Biscuit. Refer to November 7.

Baked Apples. Refer to November 1.

Sugar Cookies. Prepared November 22.

Lamb and Potato Stew

Cut the lamb, remaining from the roast lamb, from bone. Put in casserole, or heavy earthen baking dish; add 4 potatoes cut in cubes and 1 small onion cut fine. Sprinkle with salt and pepper, dredge with flour, and

add cold water to cover the meat and potato. Put a cover on the dish, set in the oven, and cook below the boiling point 4 hours; add more water to cover meat and potato, if necessary.

Coffee Jelly. Refer to November 2.

Whipped Cream. Refer to November 4.

November 25

Oat Cereal. Refer to November 4.

Coffee. Refer to November 1.

Baked Potatoes. Refer to November 4.

Creamed Codfish. Refer to November 6.

Emergency Soup. Refer to November 5.

Toasted Bread. Refer to November 1.

Cheese and Jelly. Refer to November 5.

Baked Fillets of Halibut

Separate the skin and bone from 1 pound of halibut, and cut in pieces of uniform size to prepare the fillets. Roll and fasten with a toothpick. Melt 2 tablespoons butter, add the juice of ½ lemon and ¼ teaspoon salt and dip in the fillets of fish. Put in baking dish, pour over any remaining butter, and bake about 12 minutes in a hot oven. Serve with

Butter Gravy

To which has been added the juice of ½ lemon. Refer to November 3.

Boiled Potatoes. Refer to November 3.

Lettuce and Apple Salad. Refer to November 7.

November 26,

Chicken Fricassee. Refer to November 15.

Baked Potatoes. Refer to November 4.

Mince Pie

Prepare pastry, refer to November 9, and line a shallow plate. Fill in 1 pint of mince meat, cover with the pastry, and prick the upper crust with a fork. Bake about 40 minutes in a moderate oven.

Mince Meat

Cover 1½ pounds lower part of the round and ½ pound suet with 2 quarts water and cook until the suet has melted and the meat is tender. Remove the meat and put through the meat chopper, then measure, and put in an 8 quart saucepan with strained stock. Add twice the amount of apples finely chopped in the chopping tray, then add 1½ pounds brown sugar, 1 cup molasses, 1 quart vinegar, 2 pounds seeded raisins, ½ tablespoon each cinnamon, mace, and ground clove, 1 grated nutmeg, and salt to taste. Bring to the boiling point, and cook slowly 4 hours, stirring occasionally. Add more water as needed to keep the mixture very moist. Cool, bottle, but it is not necessary to seal. Should make about 8 quarts.

Coffee

Refer to November 1.

Tomato Bouillon

Fry ½ small onion and 1 slice carrot in 1 tablespoon butter, add a bit of bay leaf and one pint of canned tomatoes. Simmer 10 minutes, then strain, and add 1 pint chicken stock, seasoning as needed. Then clear, allowing the white and shell of 1 egg.

Clearing Soup Stock

Add the white and shell of 1 egg to 1 quart soup stock to be cleared. Stir constantly until the boiling point is reached; then boil 5 minutes without stirring. Add ½ cup cold water, and let stand 5 minutes without boiling, then strain through cheese cloth placed over a fine strainer.

Roast Turkey

Roast an 8 pound turkey 3 hours, using double the amount of stuffing prepared for roast chicken. Refer to November 8.

Stuffing. Refer to November 8.

Gravy. Refer to November 8.

Mashed Potatoes. Refer to November 1.

Boiled Onions. Refer to November 8.

Boiled Squash. Refer to November 12.

Cranberry Sauce

Pick over and rinse 1 quart cranberries, add 1 cup water and 1⅓ cups sugar. Bring to the boiling point, and boil 10 minutes without stirring. Then turn into a serving dish and cool.

Grape Sherbet

Cook 20 minutes 1 quart water and 1 pint sugar; add 1 pint grape juice and the juice of 2 lemons. Freeze, using 2 parts ice to 1 part coarse fine salt.

Steamed Fruit Pudding. Refer to November 20.

Whipped Cream Sauce

Add the yolk of 1 of Hood's eggs to ½ cup of powdered sugar. Just before serving beat ½ cup of Hood's heavy cream until stiff and fold into the first mixture, add ½ teaspoon vanilla.

Coffee. Refer to November 1.

Welsh Rarebit. Refer to November 8.

November 27

Oat Cereal. Refer to November 4.

Toasted Bread. Refer to November 1.

Fried Potato Cakes. Refer to November 2.

Coffee. Refer to November 1.

Cream of Celery Soup. Refer to November 4.

Baking Powder Biscuit. Refer to November 2.

Coffee Jelly. Refer to November 2.

Baked Haddock. Refer to November 13.

Baked Onions. Refer to November 13.

Boiled Potatoes. Refer to November 3.

White Sauce. Refer to November 6.

Mince Pie. Refer to November 26.

November 28

Wheat Cereal. Refer to November 2.

Coffee. Refer to November 1.

Reheated Baking Powder Biscuit
Refer to November 12.

Hashed Fish
Refer to November 14.

Bechamel Turkey
Cut enough cold slices into pieces for serving at dinner and garnish with left over stuffing from the turkey November 26. The remaining prepare as Bechamel chicken. Refer to November 9.

Baked Potatoes. Refer to November 4.

Hot Biscuit. Refer to November 7.

Queen Pudding. Refer to November 6.

Baked Beans. Refer to November 7.

Boston Brown Bread. Refer to November 7.

Squash Pie. Refer to November 14.

November 29

Reheated Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Cold Sliced Turkey. Prepared November 26.

Mashed Potatoes. Refer to November 1.

Reheated Gravy. Prepared November 26.

Cranberry Sauce. Prepared November 26.

Vanilla Ice Cream. Refer to November 1.

Chocolate Sauce. Refer to November 1.

Toast. Refer to November 1.

Tea. Refer to November 1.

Baked Apples. Refer to November 1.

November 30

Oat Cereal. Refer to November 4.

White Muffins. Refer to November 17.

Fried Potato Cakes. Refer to November 2.

Coffee. Refer to November 1.

Reheated Baked Beans. Refer to November 1.

Cabbage Salad. Refer to November 7.

Toasted Brown Bread. Refer to November 2.

Hot Gingerbread. Refer to November 3.

Meat Loaf. Refer to November 5, cannelon of beef.

Mashed Potatoes. Refer to November 1.

Boiled Squash. Refer to November 12.

Mince Pie. Refer to November 26.

Cost of Living for November

November 1-8

2½ lbs. butter	$1.10
13 qts. milk	1.17
1½ doz. eggs	.76
9 half pint jars light cream	.63
Jar medium cream, ½ pt.	.10
½ lb. cheese	.11
Flour	.20
Sugar	.18
Tea	.05
Coffee at 35 cts. a lb.	.28
5 lbs. fowl	.75
Beans	.08
Pork	.06
2 yeast cakes	.04
3 lbs. cabbage	.09
Medium cauliflower	.15
Apples	.10
Potatoes	.10
Graham flour	.02
Indian and rye meal	.03
Molasses and vinegar	.07
Oil	.05
Spices and salt	.02
Haddock	.28
Baking powder	.05
Halibut	.30
Beef	.30
Salt fish	.05
Quinces and currant jelly	.20
Tomatoes	.03
Cereal	.08
Vanilla	.05
Chocolate	.02
Rice	.02
Crackers	.08
Oysters	.20
6 bananas	.10
Turnips	.04
Cottage cheese	.05
Gelatin	.02
Total for 1 week	$8.01

November 8-15

2½ lbs. butter	$1.10
13 qts. milk	1.17
1½ doz. eggs	.76
7 half pint jars light cream	.49
Jar medium cream, ½ pt.	.10
½ lb. cheese	.11
Flour	.20
Sugar	.18
Tea	.05
Coffee	.28
4 lbs. lamb	.60
Beans	.08
Pork	.06
2 yeast cakes	.04
3 pts. onions	.08
3 lbs. squash	.09
Apples	.10
Potatoes	.10
Graham flour	.02
Indian and rye meal	.03
Molasses and vinegar	.07
Oil	.05
Spices and salt	.02
Haddock	.28
Baking powder	.05
4 lbs. forequarter lamb	.40
Halibut	.30
Salt Fish	.05
Quinces and jelly	.20
Tomatoes	.03
Cereal	.07
Vanilla	.03
Chocolate	.01
Crackers	.08
Cottage cheese	.05
Gelatin	.02
Ketchup	.04
Vegetables	.05
Lettuce	.08
Bananas	.10
Lemons	.08
Total for 1 week	$7.70

November 15-22

2½ lbs. butter	$1.10
13 qts. milk	1.17
1½ doz. eggs	.76
9 half pint jars light cream	.63
Jar medium cream, ½ pt	.10
½ lb. cheese	.11
Flour	.20
Sugar	.18
Tea	.05
Coffee at 35 cts. a lb.	.28
5 lbs. fowl	.75
Beans	.08
Pork	.06
2 yeast cakes	.04
3 lbs. cabbage	.09
Celery	.10
Apples	.10
Potatoes	.10
Graham flour	.02
Indian and rye meal	.03
Molasses and vinegar	.07
Oil	.05
Spices and salt	.02
Finnan haddie	.15
Baking powder	.05
Halibut	.30
Beef	.30
Salt fish	.05
Peaches and currant jelly	.20
Tomatoes	.03
Cereal	.08
Vanilla	.05
Raisins	.03
Rice	.02
Crackers	.08
Oysters	.20
6 bananas	.10
Turnips	.04
Cottage cheese	.05
Gelatin	.02
1½ lbs. pork chops	.24
Total for 1 week	$8.04

November 22-30

2½ lbs. butter	$1.10
1 doz. eggs	.55
1 jar medium cream, ½ pt	.10
1 jar heavy cream, ½ pt	.15
7 half pint jars light cream	.50
Salt fish	.05
Coffee	.32
12 qts. milk	1.08
2 yeast cakes	.04
6 bananas	.10
Potatoes	.10
Apples	.05
Beans	.08
Pork	.04
Lemons	.06
Celery	.10
Meal	.03
Graham flour	.02
Figs	.08
Cauliflower	.15
5 lbs. roast lamb	.70
Cereal	.08
½ lb. cheese	.11
Currant jelly	.10
Mince meat for 3 pies	.15
Flour	.20
Sugar	.18
Gelatin	.02
Lettuce	.08
Cottage cheese	.05
Crackers	.10
1 lb. halibut	.20
3 lbs. fowl	.45
Tomatoes	.03
8 lbs. turkey	2.00
Squash	.09
Onions	.08
Cranberries	.10
Haddock	.28
4 oranges	.08
Vanilla	.05
Chocolate	.02
½ cabbage	.04
½ meat loaf	.15
Total	$9.98

Making total for month $33.71

Lowering the Cost

November 1-8

Omit 7 jars light cream	$0.49
Chocolate sauce	.05
Jar medium cream	.10
Omit grapes, quinces, bananas, currant jelly, banana fritters	.58
Using apples	.10
Substitute 4 lbs. forequarter lamb, 40 cts., for fowl, 75 cts., omitting 1 qt. milk, 9 cts	.44
Substitute cabbage, 9 cts., for cauliflower	.15
Omit eggs for breakfast and 1 in banana fritters, use potatoes for breakfast, lowering	.26
Substitute turnip soup for oyster stew	.18
	$2.25

November 8-15

7 half pint jars light cream	$0.49
6 eggs, using potatoes	.25
Lettuce	.08
Oil	.05
Coffee	.28
Quinces, jelly, bananas, 40 cts., substitute apples, 10 cts	.30
	$1.45

November 15-22

Omit 7 jars light cream	$0.49
½ doz. eggs, 26 cents, substituting potatoes, 2 cents	.24
4 lbs. forequarter lamb for fowl, omitting 1 qt. milk	.44
Jar medium cream	.10
Baked apples for figs	.03
	$1.30

November 22-30

Omit 7 jars light cream	$0.49
Medium cream	.10
Celery	.10
Lettuce	.08
3 lbs. fowl	.45
Tomato bouillon	.06
Oranges	.08
Cottage cheese	.05
	$1.41

Total for month $6.41

Memoranda

Month of December

THE OLD OAKEN BUCKET

BOSTON PUBLIC LIBRARY

Composition and Combination of Food

In making out the menus for daily living I have been careful not to serve entirely the proteid, or starch, or fat in one meal, as all are required to make the perfect meal. After careful observation I have decided that one of the failures in the daily diet is the eating of too much proteid; another is the drinking of too little water. While water enters largely into the composition of all food yet a proportion is lost during the preparation, so that we require more than is found in the prepared food.

I have planned that everything used shall be in season, since then everything is at its best, also lower in cost. It is poor economy to buy any but fresh eggs, as, with keeping, they lose in food value. Over ripe fruit has lost in value. The cheaper cuts of meat hold as much nourishment as the more expensive, provided they are properly cooked.

In combining the recipes care has been taken not to have too many flavors appear in the same meal.

In planning the menu, I have worked around the principal dish, or, using some left over, have worked from that; if the principal dish is light, I have added something like a cream soup or a heavy dessert.

If one recipe has been used in which the expense is heavier, I have planned that the other recipes shall balance lower in cost.

One of the features in the reduction in the cost of the living has been the use of the left overs; planning that *nothing be wasted.* While this may increase the work of the housekeeper, yet the result is often more satisfactory than with the first prepared food, since it shows to the family that care has been taken in the arrangement.

December 1

Breakfast

Wheat Cereal — Fried Potato Cakes
Corn Cake — Coffee

Luncheon or Supper

Cream of Onion Soup — Ginger Cakes
Whipped Cream

Dinner

Sliced Meat Loaf — Baked Potatoes
Scalloped Cabbage — Orange Salad
French Dressing — Bread and Butter

December 2

Breakfast

Oat Cereal — Toasted Bread
Creamed Scrambled Eggs — Coffee

Luncheon or Supper

Potato Salad — Bread and Butter
Baked Apples — Sugar Cookies

Dinner

Chicken Pie — Dressed Lettuce
Baldwin Pudding — Whipped Cream

December 3

Breakfast

Wheat Cereal — Oven Broiled Bacon
Baked Potatoes — Coffee

Luncheon or Supper

White Cream Soup — Toasted Bread
Preserved Quinces

Dinner

Chicken and Potato Creamed — Cheese Sandwiches
Stuffed Olives — Cold Indian Pudding

December 4

Breakfast

Oat Cereal — Baked Apples
Creamed Potatoes — Toasted Bread — Coffee

Luncheon or Supper

Rice with Cheese — Stewed Prunes
Sugar Cookies

Dinner

Fish Chowder — Pickles — Mince Pie

December 5

Breakfast

Oat Cereal — Toasted Bread
Omelet — White Sauce — Coffee

Luncheon or Supper

Scalloped Fish — Hot Biscuit
Jellied Prunes

Dinner or Supper

Baked Beans — Brown Bread
Pickled Red Cabbage — Pumpkin Pie

December 6

Breakfast

Reheated Baked Beans — Reheated Brown Bread
Baked Apples — Coffee

Dinner

Pot Roast — Mashed Potatoes
Caramel Ice Cream

Tea

Tomato Rarebit — Crackers — Caramel Ice Cream

December 7

Breakfast

Oat Cereal — Fried Potato Cakes
Toasted Brown Bread — Coffee

Luncheon or Supper

Baked Bean Cream Soup
Toasted Bread — Orange Jelly

Dinner

Cold Pot Roast — Potato Croquettes — Celery
French Apple Dumplings — Hard Sauce

December 8

Breakfast

Wheat Cereal — Eggs Scrambled with Tomato
Toasted Bread — Coffee

Luncheon or Supper

Orange and Celery Salad — Quick Mayonnaise Dressing
Hot Biscuit — Canned Pears

Dinner

Reheated Beef — Boiled Potatoes
Mashed Turnips
Cream Cheese and Jelly — Crackers

December 9

Breakfast

Oat Cereal — Creamed Potatoes
Corn Cake — Coffee

Luncheon or Supper

Macaroni with Cheese
Chocolate Cake — Canned Peaches

Dinner

Baked Halibut — White Sauce — Boiled Potatoes
Dressed Lettuce — Fruit Trifle

December 10

Breakfast

Oat Cereal — Coffee
Toasted Bread with White Sauce

Luncheon or Supper

Halibut Rarebit — Crackers
Baked Apples — Chocolate Cake

Dinner

Tomato Cream Soup — Bread and Butter
Potatoes Baked with Cheese
Steamed Fruit Pudding — Whipped Cream

December 11

Breakfast

Oat Cereal — Creamed Codfish
Toasted Bread — Coffee

Luncheon

Corn Chowder — Bread and Fruit Mould

Dinner

Scalloped Oysters — Pickles — Bread and Butter
Chocolate Cake — Stewed Figs

December 12

Breakfast

Oat Cereal — Coffee
Oven Broiled Bacon — Baked Sweet Potatoes

Luncheon or Dinner

Breaded Pork Chops — Tomato Sauce
Baked Potatoes — Hot Apple Sauce — Hot Biscuit

Dinner or Supper

Baked Beans — Brown Bread
Pickled Red Cabbage — Baked Custards

December 13

Breakfast

Reheated Beans
Coffee
Reheated Brown Bread
Oranges

Dinner

Fowl Southern Style
Boiled Onions
Mashed Potatoes
Charlotte Russe

Tea

Cream Cheese Sandwiches
Cocoa

December 14

Breakfast

Wheat Cereal
Toasted Brown Bread
Reheated Beans
Coffee

Luncheon

Chicken Bechamel
Potato Border
Orange Short Cake with Whipped Cream

Dinner

Meat Pie
Pickles
Rice Pudding

December 15

Breakfast

Oat Cereal
Omelet
White Sauce
Toasted Bread
Coffee

Luncheon

Hygienic Soup
Coffee Jelly
Hot Biscuit
Molasses Cookies

Dinner

Halibut Baked with Cheese
Dressed Lettuce
Baked Potatoes
Indian Pudding

December 16

Breakfast

Wheat Cereal — Corn Muffins
Oven Broiled Bacon — Coffee

Luncheon or Supper

Halibut Rarebit — Crackers
Preserved Quinces — Molasses Cookies

Dinner

Fricassee of Lamb — Creamed Turnips
Mashed Sweet Potatoes — Rice Pudding

December 17

Breakfast

Oat Cereal — Toasted Bread
Sweet Potato Cakes — Coffee

Luncheon or Supper

Scalloped Potatoes — Baking Powder Biscuit
Maine Gingerbread

Dinner

Scotch Broth — Apple Dumplings — Hard Sauce

December 18

Breakfast

Oat Cereal — Baked Potatoes
Creamed Codfish — Coffee

Luncheon or Supper

Lamb Cream Soup — Cheese Sandwiches
Ginger Cakes — Whipped Cream

Dinner

Baked Fillet of Haddock — Oyster Stuffing
White Sauce — Boiled Sweet Potatoes
Chocolate Bread Pudding Medium Cream — Dressed Lettuce

December 19

Breakfast

Oat Cereal — Toasted Bread
Boiled Sweet Potatoes — Coffee

Luncheon or Dinner

Fish Croquettes — Hot Biscuit — Tapioca Cream

Dinner or Supper

Baked Beans — Brown Bread
Pickles — Squash Pie

December 20

Breakfast

Baked Sausage with Baked Bananas
Reheated Brown Bread — Coffee

Dinner

Fricassee Chicken — Mashed Potatoes — Boiled Squash
Blushing Apples — Whipped Cream

Tea

Cocoa — Toast — Currant Jelly

December 21

Breakfast

Wheat Cereal — Coffee
Reheated Beans — Toasted Brown Bread

Luncheon or Supper

White Cream Soup — Croutons of Bread
Banana Fritters — Currant Jelly Sauce

Dinner

Chicken Stew with Dumplings — Apple Cream Puffs

December 22

Breakfast

Oat Cereal — Coffee
Graham Muffins — Baked Apples

Luncheon or Supper

Baked Bean Cream Soup
Hot Biscuit — Cottage Cheese — Currant Jelly

Dinner

Meat Balls — Tomato Sauce
Mashed Potatoes — Mashed Turnips — Jellied Prunes

December 23

Breakfast

Oat Cereal — Coffee
Potato Cakes — Toasted Bread

Luncheon or Supper

Cream of Onion Soup
Crisp Crackers — Spice Cakes
Baked Apples and Light Cream

Dinner

Steamed Halibut — White Sauce
Boiled Potatoes — Dressed Lettuce
Apple Dumplings — Hard Sauce

December 24

Breakfast

Oat Cereal — Toasted Bread — Coffee
Oven Broiled Bacon — Hashed Brown Potatoes

Luncheon or Supper

Baked Macaroni with Cheese — Reheated Baking Powder Biscuit
Spice Cake with Chocolate Frosting — Coffee Jelly

Dinner

Scalloped Fish — Bread and Butter
Pickles — Mince Pie

December 25 — Christmas

Breakfast

Wheat Cereal
Toasted Bread
Eggs Scrambled with Tomato
Coffee
Oranges

Dinner

Tomato Soup
Roast Goose
Potato Stuffing
Boiled Sweet Potatoes
Boiled Onions
Apple Sauce
Cranberry Punch
Christmas Plum Pudding
Whipped Cream

Tea

Christmas Salad
Bread and Butter Sandwiches
Nuts and Raisins

December 26

Breakfast

Oat Cereal
Toasted Bread
Sweet Potatoes Broiled
Coffee
Baked Apples

Dinner or Luncheon

Scalloped Potatoes
Hot Biscuit
Tarts

Dinner or Supper

Baked Kidney Beans
Brown Bread
Squash Pie
Chili Sauce

December 27

Breakfast

Reheated Beans
Brown Bread
Coffee
Oranges

Dinner

Reheated Goose
Steamed Rice
Stewed Prunes
Walnut Ice Cream

Tea

Milk Toast
Tea
Spice Cake with Chocolate Frosting

December 28

Breakfast

Oat Cereal — Rice Griddle Cakes — Coffee

Luncheon or Supper

Squash Soup — Crisp Crackers

Sliced Oranges

Dinner

Cold Roast Goose with Spanish Sauce

Potato Croquettes — Bread and Butter

Baked Apples and Light Cream

December 29

Breakfast

Wheat Cereal — Coffee

Toasted Brown Bread with White Sauce

Luncheon or Supper

Kidney Bean Salad — Boiled Dressing

Hot Biscuit — Prune Souffle

Dinner

English Beef Soup — Bread and Butter — Orange Jelly

December 30

Breakfast

Oat Cereal — Toasted Bread

Creamed Codfish — Coffee

Luncheon or Supper

Stewed Lima Beans — Baking Powder Biscuit

Cottage Cheese — Currant Jelly

Dinner

Baked Finnan Haddie — Baked Potatoes

Stewed Tomatoes — Apple Dumplings — Molasses Sauce

December 31

Breakfast

Wheat Cereal — Coffee
Scrambled Eggs — Toasted Bread

Luncheon or Supper

Turnip Cream Soup — Croutons of Bread
Hot Apple Sauce

Dinner

Reheated Finnan Haddie — Baked Sweet Potatoes
Tomato Jelly Salad — Bread and Butter — Boiled Dressing

A Perfect Milk is a Perfect Food

"Cream consists essentially of the fat of milk. It would be a mistake, however, to suppose that it consists of that alone. It contains in addition proteid and sugar in fully as high proportion as milk itself. The real difference, indeed, between milk and cream is that in the latter some of the water of the milk has been replaced by fat.

"The exact amount of fat in cream varies very much, the differences depending to a large extent on the method by which the cream has been separated. In cream produced by a centrifuge the proportion of fat may amount to 65 per cent, while in ordinary cream, obtained by skimming, it may be merely 20 per cent, or less. . . . In a physiological sense cream is chiefly to be regarded as a fuel food. It has been calculated that a pint of it should yield about 1,425 calories, or about as much as 1⅛ pounds of bread, or 1½ dozen bananas, or 4½ pounds of potatoes.

"In sick room feeding it is an important aid in getting fat into the diet, for it is very easily digested. Good cream contains as much fat as a similar quantity of most cod liver oil emulsions, and is usually much better borne. A gill of it per day is a not uncommon prescription.

"ROBERT HUTCHINSON, M.D., Edin., F.R.C.P.,

"*Assistant Physician to the London Hospital and to the Hospital for Sick Children, Great Ormand Street.*"

Food Composition

	Water	Proteid	Fats	Carbohydrates	Mineral
Beefsteak	74.4	20.5	3.5		1.6
White Fish	78	18.1	2.9		1
Poultry	74	21	3.8		1.12
Wheat in Bread	40	8	1.5	49.2	1.3
Oatmeal	15	12.6	5.6	63	3
Macaroni	13.1	9	0.3	76.8	1
Butter	6	0.3	91		2.7
Potatoes	74	2	.16	21	1
Hood's Milk	87.02	3.27	4.10	4.91	.7
Hood's Cream				2.8	
Sugar	3			96.5	
Bananas		14.3	.8	4	
Cherries		15.1			
Clams		5		1.1	
Grapes		1.1		14.1	
Lettuce	96				
Halibut	61.9	15.1	2	4.4	
Chicken	48.5	14.8	1.1	.8	
Cheese	30	31.34		2.8	
Olive oil			93		
Stock	largely water	small %			
Spinach	80			2.5	
Eggs	73.5	13.15	11.6		1
Apples	84.6			2.2	

December 1

Wheat Cereal. Refer to November 2.

Fried Potato Cakes. Refer to November 2.

Corn Cake.

Mix and sift 1 cup each corn meal and flour, 3 tablespoons sugar, 4 teaspoons baking powder, and ¾ teaspoon salt. Add 1 cup Hood's milk to 1 of Hood's eggs well beaten, and add gradually to the dry ingredients. Bake in a buttered pan in a hot oven about 20 minutes.

Coffee

Refer to November 1.

Cream of Onion Soup

Cook 3 medium onions in 1 pint of water until tender, adding more water, if necessary, to keep onions covered. Then rub through a strainer. Melt 3 tablespoons Hood's butter, add 3 tablespoons flour, the onion pulp, and gradually 1 quart Hood's milk. Season with salt and pepper.

Ginger Cakes. Prepared November 30.

Whipped Cream. Refer to November 4.

Sliced Meat Loaf. Prepared November 30

Baked Potatoes. Refer to November 4.

Scalloped Cabbage. Refer to November 5.

Orange Salad

Remove the peel from 4 oranges in quarters, then cut the oranges into small pieces, mix well with French

dressing, omitting the pepper, and add 1 teaspoon powdered sugar. Arrange on a bed of shredded lettuce.

French Dressing

Refer to November 7.

December 2

Oat Cereal. Refer to November 4.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Creamed Scrambled Eggs

Beat the yolks of 3 of Hood's eggs until thick, add ⅓ cup Hood's milk, ¼ teaspoon salt, and few grains pepper. Then fold in the whites of the eggs beaten stiff. Cook as scrambled eggs November 4.

Potato Salad. Refer to November 19.

Baked Apples. Refer to November 1.

Sugar Cookies. Refer to November 1.

Chicken Pie

Cook a five pound fowl as fowl Southern style, November 1. When tender remove from the stock, and arrange in a baking dish, reserving enough to cut in small pieces making 1½ cups. Add to the fowl in the dish 1 small onion cut in small pieces, 4 cold boiled potatoes sliced, and 1 pint of the stock thickened with 4 tablespoons flour diluted with cold water to pour. Season with salt and pepper. Cover with a crust prepared as baking powder biscuit, November 2. Bake about 1 hour in a moderate oven.

Dressed Lettuce

Refer to November 9.

Baldwin Pudding

Mix 1½ cups soft bread crumbs with ¼ cup Hood's butter, melted. Cover the bottom of a baking dish with crumbs, then add 2 apples sliced; sprinkle with ¼ cup sugar and a slight grating of nutmeg; then crumbs again and repeat, having 2 layers of apples and 3 of crumbs. Bake about 25 minutes in a moderate oven. Serve with

Whipped Cream

Refer to November 4.

December 3

Wheat Cereal. Refer to November 2.

Oven Broiled Bacon

Put ¼ pound of bacon on a broiler and cook over a dripping pan in a hot oven until delicately browned.

Baked Potatoes. Refer to November 4.

Coffee. Refer to November 1.

White Cream Soup. Refer to November 2.

Toasted Bread. Refer to November 1.

Quinces and Light Cream. Refer to November 3.

Chicken and Potatoes Creamed

Melt 4 tablespoons Hood's butter, add 4 tablespoons flour, and when blended add gradually 2 cups stock in which chicken was cooked. When thickened add 1½ cups chicken prepared December 2, and 4 potatoes cold boiled and cut in cubes. Season with salt and pepper. May be prepared on the table in the chafing dish.

Cheese Sandwiches

Cut bread in thin slices, and spread with Hood's butter, lay on ½ slice slices of Hood's full cream cheese cut thin; cover with other half slice; brush with Hood's butter, melted, and brown in a hot oven.

Indian Pudding

Refer to November 5.

December 4

Oat Cereal. Refer to November 4.

Baked Apples. Refer to November 1.

Creamed Potatoes. Refer to November 4.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Rice with Cheese

Cover ½ cup rice with cold water, let boil 5 minutes, then drain and rinse. Melt 1 tablespoon Hood's butter, add the rice, 1 cup canned tomato, and ½ cup water. Let cook about 45 minutes, or until the rice is tender, adding more water if necessary. Then add ⅓ cup Hood's full cream cheese, grated, ½ teaspoon salt, and serve very hot.

Stewed Prunes

Wash 1 pound prunes, and soak in cold water over night. In the morning bring to the boiling point in the same water, then simmer, without boiling, 3 or 4 hours, or until the prunes are very soft, add ½ cup sugar, the last hour of cooking. If necessary to add more water, add it before the sugar.

Sugar Cookies

Prepared December 2.

Fish Chowder

Order a 4 pound haddock with the head left on. Cut out ½ from the thick part, boil as boiled fish, November 6, and reserve. Skin and bone the remainder, cut the fish in about inch pieces, and put the head, skin and bones in a saucepan, cover with cold water, and cook slowly 10 minutes, then strain, reserving the fish stock. Parboil 5 minutes 3 medium sized potatoes, cut in ¼ inch slices; then drain. Fry out 2 slices salt pork, add 1 small onion cut in small pieces, and fry until brown. Strain the fat and add to potatoes; then add 1 cup boiling water, and cook until the potatoes are nearly tender, then add the reserved fish stock, the fish, and simmer until the potatoes and fish have cooked. Add 1 pint Hood's milk, scalded, salt, pepper, 1 tablespoon Hood's butter, and 4 common crackers split.

Mince Pie

Refer to November 26.

December 5

Oat Cereal. Refer to November 4.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Omelet

Beat the yolks of 3 of Hood's eggs until thick and lemon colored. Add 3 tablespoons Hood's milk and a few grains salt and pepper. Melt 1 tablespoon Hood's butter in an omelet pan. Turn in the egg yolks and cook until slightly set, then spread on the whites of the

eggs beaten stiff. Cook until well risen and brown underneath. Then put in oven until the white is dry on top. Fold and turn onto platter. Serve with

White Sauce. Refer to November 6.

Scalloped Fish. Refer to November 11.

Hot Biscuit. Refer to November 7.

Jellied Prunes

Use ½ of the prunes prepared December 4. Drain, remove the stones, and keep the prunes whole, if possible. Add enough boiling water to the liquid to make 2 cups, and pour over 2 tablespoons granulated gelatin softened in ¼ cup cold water. Strain, add ⅓ cup sugar, and the prunes. Mould and chill, and serve with Hood's light cream if desired.

Baked Beans. Refer to November 7.

Brown Bread. Refer to November 7.

Pickled Red Cabbage

Soak 1 small red cabbage in cold water several hours. Then drain, rinse, and wring very dry in a cloth. Season with salt. Cover with a vinegar syrup, prepared in the proportion of 1 pint vinegar, ¼ cup sugar, boiled together 5 minutes. Bottle when cold. Serve with beans or cold meat.

Pumpkin Pie

Line a plate with pastry prepared as November 9, and fill in the following mixture: 1½ cups cooked and strained pumpkin mixed with ½ cup sugar, 1 cup Hood's milk, 2 of Hood's eggs, unbeaten, 1 tablespoon Hood's butter, melted, 1 teaspoon cinnamon, and a scant half teaspoon each salt and ginger. Bake about 45 minutes in a moderate oven.

December 6

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Baked Apples. Refer to November 1.

Pot Roast

Order a 4 pound rolled rib of beef. Wipe meat, sprinkle with salt, and dredge with flour. Fry out 3 slices salt pork in a deep saucepan. Lay in the meat, and brown on both sides. Remove the meat, and add to the fat in the pan, 1 onion sliced fine, 1 carrot and turnip cut in dice. Lay the meat on the vegetables, and add hot water to cover the vegetables. Put the cover on the saucepan, place in oven, and cook about four hours very slowly. Remove the meat to a platter, and thicken the liquid in the pan with flour diluted with cold water. Remove the pieces of salt pork, season with salt, and pour the gravy with the vegetables around the meat.

Mashed Potatoes.

Refer to November 1.

Caramel Ice Cream

Caramelize ½ cup sugar, add ½ cup hot water, and simmer until melted; then add to 1 pint of Hood's milk scalded. Cool, add ½ cup more sugar, 1 pint Hood's light cream, few grains salt, ½ tablespoon vanilla; freeze, using 3 parts ice and 1 pint salt. Makes 3 pints.

Tomato Rarebit

Melt over hot water 1 tablespoon Hood's butter, add 1 tablespoon flour, and gradually 1 cup canned tomato.

Stir until thickened; then add 1 cup Hood's full cream cheese cut in small pieces, 1 of Hood's eggs unbeaten. Stir until thickened and smooth, then season with salt and paprika. Serve on crackers.

December 7

Oat Cereal. Refer to November 4.

Fried Potato Cakes. Refer to November 2.

Toasted Brown Bread. Refer to November 2.

Coffee. Refer to November 1.

Baked Bean Cream Soup

Add 1 cup Hood's milk in place of tomato in baked bean soup, November 3.

Toasted Bread. Refer to November 1.

Orange Jelly

Add orange juice with the juice of 1 lemon in place of coffee, in coffee jelly, November 2.

Cold Pot Roast

Prepared December 6.

Potato Croquettes

To 2 cups hot riced potatoes add the yoke of 1 egg, 1 tablespoon butter, salt, celery salt, paprika, and a few drops onion juice. Shape into balls. Add 1 tablespoon cold water to the white of the egg, and proceed as with cheese croquettes, November 9.

French Apple Dumplings

Shape the pastry remaining from December 5 into rounds, using a large biscuit cutter, and line patty pans,

or small individual tins. Bake in a quick oven, and remove from the tin. Invert over baked apples which have been cored, pared and sweetened before baking. Serve with

Hard Sauce

Refer to November 4.

December 8

Wheat Cereal. Refer to November 2.

Eggs Scrambled with Tomato

Refer to November 3.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Orange and Celery Salad

Prepare 2 oranges as in salad, December 1. Mix with the celery left from December 7, and cut fine. Mound on lettuce leaves, and just before serving cover with

Quick Mayonnaise Dressing

Mix ¼ teaspoon each mustard and sugar, the yolk of one of Hood's eggs, and 1 teaspoon vinegar in a soup plate. Add 6 tablespoons oil gradually, beating rapidly with a silver fork. Then fold in the white of the egg beaten stiff.

Hot Biscuit

Refer to November 7.

Reheated Beef

Cut the beef remaining from pot roast in small pieces, and put in baking dish, dredge with flour, salt and pepper. Pour over any left over gravy with the vegetables, add

cold water to cover meat. Put the dish, covered tightly, in a moderate oven. Cook slowly 3 or 4 hours.

Boiled Potatoes. Refer to November 3.

Mashed Turnip. Refer to November 6.

Cream Cheese and Jelly. Refer to November 5.

December 9

Oat Cereal. Refer to November 4.

Creamed Potatoes. Refer to November 4.

Corn Cake. Refer to December 1.

Coffee. Refer to November 1.

Macaroni with Cheese

Break 1 cup macaroni in inch pieces, add ½ teaspoon salt, cover with 2 quarts boiling water; boil rapidly 20 minutes, or until soft. Drain, rinse with cold water, and put in saucepan again. Add ½ cup Hood's full cream cheese, grated, 2 tablespoons Hood's butter, and salt to taste. Reheat, and stir until butter and cheese are melted. Serve very hot.

Peaches and Cream

Refer to November 18.

Chocolate Cake

Cream ⅓ cup Hood's butter, add 1 cup sugar gradually, and 2 of Hood's eggs, well beaten; then beat all together, using the egg beater. Add ½ cup Hood's milk alternately with 1½ cups sifted pastry flour. Add 2 squares Baker's chocolate, melted. Add 2½ teaspoons baking powder sifted into the mixture, then

stirred in quickly. Bake about 40 minutes in a moderate oven.

Baked Halibut

Order 1½ pounds in a thick piece, and bake as baked haddock, refer to November 13.

White Sauce. Refer to November 6.

Boiled Potatoes. Refer to November 3.

Dressed Lettuce. Refer to November 9.

Fruit Trifle

Beat ½ cup Hood's medium cream until thick. Then fold in 1 pint canned peaches which have been drained and cut in small pieces. Sweeten to taste. Serve very cold. Other fruit may be used in place of peaches.

December 10

Oat Cereal. Refer to November 4.

Toasted Bread. Refer to November 1.

White Sauce. Refer to November 6.

Coffee. Refer to November 1.

Halibut Hollandaise

Melt 2 tablespoons Hood's butter, add 1½ tablespoons flour, and gradually 1 cup Hood's milk. Add the halibut remaining from December 9, flaked in small pieces. Just before serving add 1 of Hood's eggs; stir until thickened, then season with salt and paprika. Serve on crackers. May be prepared in the chafing dish.

Chocolate Cake. Prepared December 9.

Baked Apples. Refer to December 1.

Tomato Cream Soup

Strain 1 cup tomato, heat to boiling point, and add ⅛ teaspoon soda. Melt 2 tablespoons Hood's butter, add 2 tablespoons flour, and gradually 2 cups Hood's milk. Stir until thickened, then place over hot water. When ready to serve stir the hot tomato into the thickened milk, season with salt and pepper.

Potatoes Baked with Cheese

Add 1 cup Hood's milk to 2 of Hood's eggs, well beaten. Cut 4 large boiled potatoes in thin slices, and arrange in layers in a buttered dish. Sprinkle each layer with cheese, using for the recipe 1 cup Hood's full cream cheese, grated; then add salt and paprika, and pour over each layer a little of the egg mixture. Bake about ½ hour in a moderate oven.

December 11

Oat Cereal. Refer to November 4.

Creamed Codfish. Refer to November 6.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Corn Chowder

Fry out 3 slices salt pork, add 1 small onion cut fine, and fry until brown, then strain. Parboil 4 potatoes cut in thin slices 5 minutes in boiling water to cover, then drain. Add the strained fat to the parboiled potatoes, with 1 can of corn, and boiling water to cover. Cook until the potatoes are soft. Then add 2 cups Hood's milk, scalded, 2 tablespoons Hood's butter, 4 common crackers, split, and salt and pepper to taste.

Bread and Fruit Mould

Cut 4 slices of stale bread cut in inch slices into inch cubes. Drain 1 pint preserved quinces or other fruit, and cut the fruit in small pieces, then add to syrup. Arrange bread and fruit in alternate layers in a mould, using as much of the syrup as the bread will absorb, and pressing each layer into the mould. Let stand several hours, then turn from the mould, and serve with Hood's light cream.

Scalloped Oysters

Mix ¾ cup each rolled cracker crumbs and stale bread crumbs with ⅓ cup Hood's butter, melted. Pick over and drain 1 pint oysters. Mix ¼ cup each oyster liquor and Hood's milk. Arrange crumbs, oysters and liquid in alternate layers, having 3 layers of crumbs and 2 layers of the oysters with the liquid. Sprinkle each layer with salt and pepper. Bake about ½ hour in a hot oven.

Chocolate Cake

Prepared December 9.

Stewed Figs

Serve with light cream, refer to November 17.

December 12

Oat Cereal. Refer to November 4.

Baked Sweet Potatoes. Refer to November 4.

Oven Broiled Bacon. Refer to December 3.

Coffee. Refer to November 1.

Baked Potatoes. Refer to November 4.

Breaded Lamb Chops

Order 1½ pounds forequarter lamb chops, and season with salt. Add 2 tablespoons cold water to 1 of Hood's eggs. Dip the chops in bread crumbs, then in egg, then in crumbs again. Dot over with 1 tablespoon Hood's butter, and bake in a hot oven about ½ hour, or until tender. Serve with

Tomato Sauce

Simmer 10 minutes 1½ cups canned tomato with 1 slice onion, bit of bay and 2 cloves; then strain. Melt 2 tablespoons Hood's butter, add 2½ tablespoons flour, and gradually the strained tomato. Stir until thickened, then season with salt and pepper.

Hot Biscuit

Refer to November 7.

Hot Apple Sauce

Pare, quarter and slice 5 apples. Put in saucepan, cover with cold water, and cook until the apples are soft. Mash and cook 5 minutes with ½ cup sugar.

Baked Beans. Refer to November 7.

Brown Bread. Refer to November 7.

Pickled Red Cabbage. Refer to December 5.

Baked Custards. Refer to November 7.

December 13

Reheated Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Fowl, Southern Style. Refer to November 1.

Mashed Potatoes. Refer to November 1.

Boiled Onions. Refer to November 8.

Charlotte Russe

Prepare the whip from 1 pint Hood's light cream, beating with a whip churn, and taking off with a spoon, and draining in a strainer the whipped cream as it forms. The cream will not whip to the bottom of the bowl. Add 2 tablespoons cold water to ¾ tablespoon granulated gelatin; then add 3 tablespoons of the unwhipped cream, which has been scalded. Add ¼ cup powdered sugar and 1 teaspoon vanilla. Stir constantly until the mixture begins to thicken. Then fold in the whipped cream about ⅓ at a time. Mould and chill. The cream should be whipped before the gelatin mixture is prepared. The cream remaining may be used in the cocoa.

Cream Cheese Sandwiches

Mash 1 Hood's cottage cheese; season generously with paprika; spread between slices of buttered bread.

Cocoa

Mix 2 tablespoons each cocoa and sugar; add 1 cup boiling water and boil 1 minute, then add 3 cups scalded milk. Beat with the egg beater until well blended just before serving.

December 14

Wheat Cereal. Refer to November 2.

Reheated Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

Coffee. Refer to November 1.

Chicken Bechamel. Refer to November 9.

Potato Border. Refer to November 9.

Orange Short Cake

Prepare baking powder biscuit mixture, refer to November 2, using 4 tablespoons Hood's butter. Roll out ½ inch in thickness, and cut out with the biscuit cutter. Place on an inverted buttered pan about 1 inch apart. Spread with Hood's butter, melted, and fit on another round. Bake about 12 minutes in a hot oven. When baked, break apart and fill with 2 oranges, sweetened and prepared as for orange salad, refer to December 1. Then add whipped cream, using 1 cup Hood's medium cream for the short cake. Fit on the other half of each biscuit and garnish with whipped cream and orange.

Whipped Cream

Refer to November 4.

Meat Pie

Cut in small pieces 1 pound lower round steak, 6 potatoes and 1 small onion. Arrange in alternate layers in a baking dish, sprinkling each layer with flour, salt and pepper. Cover with cold water. Cover dish closely, and cook slowly 3 or 4 hours. Remove plate the last half hour of cooking. Cool slightly. Cover with ½ the recipe of pastry, refer to November 9, and bake about 40 minutes more.

Rice Pudding

Put 3 tablespoons rice in a saucepan, cover with 1 quart cold water, bring to the boil and boil 5 minutes, then drain and rinse with cold water. Put in baking dish, add 2 cups Hood's milk, scalded, ¼ teaspoon salt,

3 tablespoons sugar, and ½ teaspoon vanilla or ¼ teaspoon cinnamon. Bake two hours in a very slow oven. stirring occasionally.

December 15

Oat Cereal. Refer to November 4.

Omelet. Refer to December 5.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Hot Biscuit. Refer to November 7.

Hygienic Soup

Put 1 quart stock remaining from fowl, Southern style, in the top of double boiler, and cook over hot water with ¼ cup rolled oats ½ hour. Strain and season with salt.

Coffee Jelly

Refer to November 2.

Molasses Cookies

Heat 1 cup molasses and ⅓ cup each Hood's butter and lard to the boiling and melting point, add ½ cup cold coffee, ½ cup sugar, 1 tablespoon ginger, 2 teaspoons soda and 1 teaspoon salt. Remove from fire, add 2½ cups bread flour all at once, and enough more flour to make it stiff enough to roll. Chill about 2 hours, then roll out, shape and bake on an inverted pan in a moderate oven.

Halibut Baked with Cheese

Order 1½ pounds halibut cut in ½ inch slices. Season with salt, and lay in baking pan on 2 strips of

cheese cloth wrung out of cold water. Cover generously with Hood's full cream cheese, cut in small pieces. Bake about ½ hour in a hot oven.

Baked Potatoes. Refer to November 4.

Dressed Lettuce. Refer to November 9.

Indian Pudding. Refer to November 5.

December 16

Wheat Cereal

Refer to November 2.

Corn Muffins

Substitute corn meal for graham flour in graham muffins. Refer to November 3.

Oven Broiled Bacon. Refer to December 3.

Coffee. Refer to November 1.

Halibut Rarebit

Melt 1 tablespoon butter, add a few drops onion juice and 1½ tablespoons flour mixed with ½ teaspoon salt, and a few grains paprika. Then pour on gradually 1 cup Hood's milk. Add 1 cup Hood's full cream cheese cut fine, and the cold flaked halibut left over, about ½ cup. When the cheese is melted add 1 of Hood's eggs, unbeaten, and stir until thickened. Serve on crackers. Make in the chafing dish or double boiler.

Preserved Quinces. Refer to November 3.

Molasses Cookies. Prepared December 15.

Fricassee of Lamb. Refer to November 12.

Creamed Turnips

Cut turnip in ½ inch cubes, enough to make 2 cups. Cook in boiling salted water about 20 minutes, or until soft, then add to 1 cup white sauce. Refer to November 6.

Mashed Sweet Potatoes. Refer to November 1.

Rice Pudding. Refer to December 14.

December 17

Oat Cereal. Refer to December 4.

Coffee. Refer to November 1.

Toasted Bread. Refer to November 1.

Sweet Potato Cakes. Refer to November 2.

Scalloped Potatoes

Cut 4 potatoes in cubes and arrange in alternate layers in a baking dish with 1 onion sliced fine and 2 cups Hood's milk, dredging each layer of potatoes with flour and sprinkling with salt and pepper. Cover closely and cook about 2 hours, or until soft, in a moderate oven.

Baking Powder Biscuit. Refer to November 2.

Maine Gingerbread. Refer to November 3.

Scotch Broth. Refer to November 11.

Apple Dumplings. Refer to November 4.

Hard Sauce. Refer to November 4.

December 18

Oat Cereal. Refer to November 4.

Baked Potatoes. Refer to November 4.

Creamed Codfish. Refer to November 6.

Coffee. Refer to November 1.

Lamb Cream Soup. Refer to November 14.

Cheese Sandwiches. Refer to December 3.

Ginger Cakes. Refer to November 4.

Whipped Cream. Refer to November 4.

Baked Fillets of Haddock

Order a 4 pound haddock skinned. Cut out enough from the tail end to make 2 cups and boil, to be used for croquettes. Cut the remainder from the bone, separating into 2 fillets. Lay 1 fillet on strips of salt pork, season with salt. Pick over ½ pint oysters and season with salt. Dip each oyster into Hood's butter, melted, using about 2 tablespoons, then into rolled cracker crumbs. Lay on the fillet of fish, with the second fillet on top. Lay 2 strips of salt pork on top of fish, which has been seasoned with salt. Bake about 40 minutes in a hot oven, basting with the fat in the pan. Serve with

White Sauce. Refer to November 6.

Boiled Sweet Potatoes. Refer to November 3.

Dressed Lettuce. Refer to November 9.

Chocolate Bread Pudding

Soak 1 cup stale bread crumbs in 2 cups Hood's milk, scalded, 20 minutes. Add ⅓ cup sugar, 2 of Hood's eggs, well beaten, ½ teaspoon vanilla, few grains salt and 1 square Baker's chocolate, melted, and diluted with enough hot water to pour easily. Turn into buttered

baking dish and bake about 45 minutes in a moderate oven. Serve with ½ cup Hood's medium cream unbeaten.

December 19

Oat Cereal. Refer to November 4.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Broiled Sweet Potatoes

Melt the bacon fat remaining from oven broiled bacon and dip into it the left over sweet potatoes, which have been cut lengthwise, ¼ inch in thickness. Put in a baking pan and brown in a hot oven, or pan broil in the frying pan.

Fish Croquettes

Melt 2½ tablespoons Hood's butter, add ⅓ cup flour, and gradually 1 cup milk. Stir until thickened, then add the 2 cups cold flaked fish, salt, paprika, celery salt and onion juice to taste. Spread on a plate to cool, then shape and proceed as cheese croquettes, refer to November 9.

Hot Biscuit

Refer to November 7.

Tapioca Cream

Scald 2 cups Hood's milk, add ⅓ cup pearl tapioca which has been soaked two hours in cold water, then drained. Cook until the tapioca is transparent, then add ⅓ cup sugar. Add the milk mixture to the yolks of 2 of Hood's eggs unbeaten, return to the double boiler, and cook until the mixture coats the spoon. Remove from the fire, add a few grains salt, ½ teaspoon vanilla, and the whites of the eggs beaten stiff.

Baked Beans. Refer to November 7.

Brown Bread. Refer to November 7.

Squash Pie. Refer to November 14.

December 20

Baked Sausage

Prick with a fork 1 pound sausages and parboil 5 minutes in boiling water. Put in a baking pan and bake in a hot oven about 20 minutes, or until brown.

Baked Bananas

Peel and cut 4 bananas in halves, put in pan with sausages the last 10 minutes of cooking the sausages. Baste with the fat in the pan.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Fricassee Chicken. Refer to November 15.

Mashed Potatoes. Refer to November 1.

Boiled Squash. Refer to November 12.

Blushing Apples

Put six red apples in a saucepan, half cover with hot water and cook until the apples are soft when tried with a silver fork. Turn frequently while cooking. Remove the apples, take off the skins and arrange in a serving dish. To the liquid in the pan add ¾ cup sugar and ¼ teaspoon cinnamon. Cook, boiling rapidly, until the syrup is thick. Pour over the apples and cool. Serve with

Whipped Cream. Refer to November 4.

Cocoa. Refer to December 13.

Toast. Refer to November 1.

December 21

Wheat Cereal. Refer to November 2.

Coffee. Refer to November 1.

Reheated Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

White Cream Soup. Refer to November 2.

Croutons of Bread. Refer to November 5.

Banana Fritters. Refer to November 6.

Currant Jelly Sauce. Refer to November 6.

Chicken Stew

Put the chicken remaining from the fricassee with 1 onion into cold water to cover and cook until it frees easily from the bone. Remove the meat from the bone, put back in the water with 3 medium potatoes cut in cubes and cook until the potatoes are soft, or about 15 minutes. Then add 1 quart of stock left from the cooking of the fowl. Bring to the boiling point and thicken with 2 tablespoons flour diluted with cold water to pour. Serve with

Dumplings

Mix and sift together 2 cups flour, 4 teaspoons baking powder and ½ teaspoon salt. Add ¾ cup Hood's milk gradually. Drop by spoonfuls onto a buttered strainer, which will fit closely the kettle in which the stew is cooking, or cook over boiling water, which is better.

Cover tightly and steam 12 minutes without lifting the cover or having the water stop boiling.

Apple Cream Puffs

Shape and bake the pastry remaining from squash pie, as the French apple dumplings, refer to December 7. When cold fill with

Apple Cream

Pare and core and quarter 2 sour apples, steam in a strainer, then rub through the strainer. Add ½ cup Hood's medium cream beaten stiff.

December 22

Oat Cereal. Refer to November 4.

Graham Muffins. Refer to November 3.

Coffee. Refer to November 1.

Baked Apples. Refer to November 1.

Baked Bean Cream Soup. Refer to December 7.

Hot Biscuit. Refer to November 7.

Cheese and Jelly. Refer to November 5.

Meat Balls

Order 1 pound lower round steak and ¼ pound suet. Put through the meat chopper. Season with salt and shape into 8 flat, round cakes, pressing as little as possible. Heat frying pan smoking hot, put in the cakes and panbroil, by turning every 10 seconds, first on the one side, then on the other, until well seared over. Cook about 6 minutes, allowing the meat to brown on both sides. Serve with

Tomato Sauce. Refer to December 12.

Mashed Turnips. Refer to November 6.

Jellied Prunes. Refer to December 5.

December 23

Oat Cereal. Refer to November 4.

Potato Cakes. Refer to November 2.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Cream of Onion Soup. Refer to December 1.

Crisp Crackers

Split and butter common crackers with Hood's butter. Put in baking pan in hot oven and brown. Turn once and watch carefully.

Baked Apples

Refer to November 1.

Spice Cakes

Put 1 of Hood's eggs in a bowl, to the unbeaten egg add ⅔ cup molasses, ⅔ cup sugar, ½ cup Hood's butter melted. Mix and sift 2½ cups flour with 2 teaspoons soda, 1 teaspoon cream tartar, 1 teaspoon cinnamon, ½ teaspoon clove and ¼ teaspoon grated nutmeg, and add alternately with 1 cup Hood's milk to the first mixture. Add ¾ cup raisins cut in small pieces and mixed with ½ cup flour. Then add 1 tablespoon vinegar. Bake in 1 dozen small tins about 20 minutes, and the remainder in a sheet about 40 minutes. Frost the sheet with chocolate frosting.

Steamed Halibut

Order 1½ pounds halibut cut in a thick piece. Wipe with a dampened cloth. Place in a steamer over boiling

water, cover tightly and steam about 30 minutes, or until the fish is dry and flakes apart. Serve with

White Sauce. Refer to November 6.

Boiled Potatoes. Refer to November 3.

Dressed Lettuce. Refer to November 9.

Apple Dumplings. Refer to November 4.

Hard Sauce. Refer to November 4.

December 24

Oat Cereal. Refer to November 4.

Toasted Bread. Refer to November 1.

Oven Broiled Bacon. Refer to December 3.

Hashed Brown Potatoes

Chop the left over potatoes finely and season with salt. Put enough of the bacon to brown the potatoes in a frying pan. Put in the potatoes and stir frequently until browned, adding more fat if necessary.

Coffee

Refer to November 1.

Baked Macaroni with Cheese

Prepare and boil macaroni as in macaroni with cheese, refer to December 9. Arrange in alternate layers with white sauce, refer to November 6, in a baking dish. Sprinkle each layer with cheese. Reheat in a hot oven until the cheese is melted.

Reheated Baking Powder Biscuit.

Refer to November 12.

Spice Cakes. Prepared December 23.

Coffee Jelly. Refer to November 2.

Scalloped Fish. Refer to November 11.

Mince Pie. Refer to November 26.

December 25, Christmas

Wheat Cereal. Refer to November 2.

Eggs Scrambled with Tomato
Refer to November 3.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Tomato Soup

Add ½ pint water, 2 cloves, 1 slice onion and bit of bay leaf to 1 pint canned tomatoes. Simmer 15 minutes, then strain. Melt 1½ tablespoons butter, add 1½ tablespoons flour, and gradually the strained tomato; when boiling add a few grains soda, and strain again. Season with salt and pepper.

Roast Goose

Draw and singe a goose; then wash in hot water, scrubbing well, and wipe dry. Stuff with potato stuffing, sew and truss, tying the legs and wings close to the body. Rub with salt; place on rack in dripping pan, dredge with flour, and roast in hot oven, about 2 hours, or until the second joint separates easily from the body. When half cooked turn off the fat in the pan. Baste with hot water and dredge with flour after each basting.

Potato Stuffing

Mix 3 cups hot mashed potato, ½ cup soft bread crumbs, ⅓ cup Hood's butter melted, 1 onion cut fine, 1½ teaspoons salt and a few grains paprika.

Boiled Sweet Potatoes. Refer to December 12.

Apple Sauce. Refer to December 12.

Boiled Onions. Refer to November 8.

Cranberry Punch

Boil 2 cups water and 1 cup sugar together 15 minutes. Boil 1 pint cranberries and 1 cup water together 5 minutes. Strain through cheese cloth, add the syrup and the juice of 1 lemon. Cool, freeze to a mush, using equal parts ice and salt. Serve in glasses after the game course.

Christmas Plum Pudding

Pour ½ cup Hood's milk, scalded, over 1 cup bread crumbs. When cool add ⅓ cup sugar, ½ teaspoon salt and the yokes of 2 of Hood's eggs. Then add ¼ pound chopped suet mixed with ¼ cup each currants and cut raisins, add ½ teaspoon each cinnamon and salt, and ⅛ teaspoon each clove and nutmeg. Then add the whites of the eggs beaten stiff. Steam 3 hours. Serve with

Whipped Cream. Refer to November 4.

Christmas Salad

Cut a slice from the stem end of red apples and scoop out the inside, leaving the shell. Cut the pieces of apple into small bits and mix with ½ as many walnut meats broken in small pieces ; mix with French dressing, refer to November 7. Fill the mixture into the apple shells and fit on the top of the apple. Serve on lettuce leaves.

Bread and Butter Sandwiches

Cream Hood's butter and spread the bread before cutting the slice as thin as possible. Put together in pairs.

Remove the crusts and cut in fancy shapes. Wrap in a dampened cloth until serving time.

Nuts and Raisins

Order ½ pound mixed nuts and crack. Serve with ½ pound fancy layer raisins.

December 26

Oat Cereal. Refer to November 4.

Sweet Potatoes Broiled. Refer to December 19.

Toasted Bread. Refer to November 1.

Baked Apples. Refer to November 1.

Coffee. Refer to November 1.

Scalloped Potatoes. Refer to December 17.

Hot Biscuit. Refer to November 7.

Tarts

Prepare pastry, refer to November 9. Roll out ½ of the pastry and cut out with a biscuit cutter; with a smaller cutter take out the centre from ½ of rounds, to make rings. Brush over the edge of the lower round with cold water and fit on the rings. Bake in a moderate oven about 15 minutes. Fill with currant jelly.

Baked Kidney Beans

Soak in cold water over night 1 quart kidney beans, in the morning drain, pick over, put in bean pot and prepare as baked beans, refer to November 7.

Brown Bread. Refer to November 7.

Squash Pie. Refer to November 14.

December 27

Reheated Beans. Refer to November 1.

Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Reheated Goose

Put the goose remaining from December 25 in a pan and reheat about ¾ of an hour in a hot oven, or until thoroughly heated through. Carve and arrange on a platter and garnish with the stuffing.

Steamed Rice. Refer to November 4.

Stewed Prunes. Refer to December 4.

Walnut Ice Cream

Add 1 cup of walnut meats broken in pieces to vanilla ice cream, refer to November 1.

Milk Toast

Scald 2 cups Hood's milk, add 3 tablespoons flour diluted with cold water to pour, and stir into the milk. Stir constantly until thickened, and afterwards occasionally. Add 2 tablespoons Hood's butter and salt to taste. Dip the edges of 6 slices of toasted bread in hot water, arrange in a serving dish and pour over the sauce.

Tea. Refer to November 1.

Spice Cake. Prepared December 23.

December 28

Oat Cereal. Refer to November 4

Rice Griddle Cakes. Refer to November 5.

Coffee. Refer to November 1.

Squash Soup

Cook 3 tablespoons Hood's butter with 2 slices onion and a bit of bay leaf 5 minutes. Add 3 tablespoons flour and gradually 4 cups Hood's milk. Cook in the double boiler 5 minutes, then add 2 cups cooked and strained squash. Reheat and strain. Season with salt and paprika.

Crisp Crackers

Refer to December 23.

Sliced Oranges

Prepare oranges as for orange salad, refer to December 1. Then sprinkle with sugar.

Cold Roast Goose

Cut the goose remaining from roast goose into small pieces, arrange on a platter and pour over

Spanish Sauce

Cut ½ onion in small pieces and add to 2 tablespoons Hood's butter with 3 cloves and a bit of bay leaf. Fry in the butter until slightly yellowed without browning. Then add 1 pint tomatoes and simmer 15 minutes, or until the liquid is reduced. Remove the cloves and bay leaf and season with salt and paprika.

Potato Croquettes. Refer to December 7.

Baked Apples. Refer to November 1.

December 29

Wheat Cereal. Refer to November 2.

Toasted Brown Bread. Refer to November 2.

White Sauce. Refer to November 6.

Coffee. Refer to November 1.

Kidney Bean Salad

Add onion juice to taste to the left over kidney beans, moisten with ½ recipe boiled dressing and mound on a salad dish.

Boiled Dressing. Refer to November 2.

Hot Biscuit. Refer to November 7.

Prune Souffle

Rub the prunes remaining from December 27 through a strainer. Beat the whites of 2 of Hood's eggs stiff, and continue beating while adding gradually the prunes. Put in baking dish and bake about 15 minutes in a moderate oven.

English Beef Soup

Put ½ pound lower round steak cut in inch cubes in the bean pot. Add 1 carrot cut in dice, 2 turnips cut in dice and 1 onion cut fine. Then add 1 cup canned tomato, salt, pepper and cold water to cover. Put the cover on the bean pot, make a thick paste of flour and water, and lay around the edge of the cover, to prevent the escape of steam while cooking. Cook 4 hours in a moderate oven.

Orange Jelly

Refer to December 7.

December 30

Oat Cereal. Refer to November 4.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Creamed Codfish. Refer to November 6.

Stewed Lima Beans

Soak 1 cup Lima beans over night in cold water to cover. In the morning drain and cook in boiling salted water until soft. Drain, add 2 tablespoons Hood's butter and ½ cup top of Hood's milk and reheat.

Baking Powder Biscuit. Refer to November 2.

Cheese and Jelly. Refer to November 5.

Baked Finnan Haddie. Refer to November 20.

Baked Potatoes. Refer to November 4.

Stewed Tomatoes. Refer to November 4.

Apple Dumplings. Refer to November 4.

Molasses Sauce

Add 3 tablespoons flour to 1 cup molasses. Blend well, add ½ cup water, 2 tablespoons Hood's butter and a few grains salt. Boil 5 minutes and serve hot.

December 31

Wheat Cereal. Refer to November 2.

Scrambled Eggs Creamed. Refer to December 2.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Turnip Cream Soup. Refer to November 12.

Croutons of Bread. Refer to November 5.

Hot Apple Sauce

Refer to December 12.

Reheated Finnan Haddie

Pick in small pieces the left over finnan haddie, add 2 tablespoons Hood's butter, ½ cup Hood's milk, salt if necessary, and heat thoroughly.

Baked Sweet Potatoes. Refer to November 4.

Boiled Dressing. Prepared December 29.

Tomato Jelly Salad

To ½ can stewed and strained tomatoes add ½ teaspoon each salt and powdered sugar and 2 tablespoons granulated gelatin which has been soaked in ¼ cup cold water. Pour into small cups and mould. Place on lettuce leaves and serve with boiled dressing.

A Perfect Milk is a Perfect Food

Food is that which, taken into the body, builds tissues or yields energy.

Cost of Living for December

December 1-8

9 half pint jars light cream	$0.63
12 qts. milk at 9 cts.	1.08
1 doz. fresh eggs	.55
2½ lbs. butter at 44 cts.	1.10
Jar medium cream	.10
½ lb. full cream cheese	.11
Coffee at 35 cts. a lb.	.28
2 yeast cakes	.04
¼ lb. bacon	.04
Cereal	.08
Quinces, home prepared	.10
Potatoes	.10
Sugar, 3 lbs.	.18
Flour	.20
Fowl, 5 lbs.	.75
Indian and rye meal	.05
Graham flour	.02
Apples, by the barrel	.10
Vinegar and molasses	.05
Rice	.02
Prunes, 1 lb.	.12
4 lbs. haddock	.28
Pickles	.04
Mince meat, actual cost	.05
Vegetables	.05
Cabbage, ½	.04
½ meat loaf	.15
8 oranges	.18
Oil, ¼ cup	.05
Lettuce	.08
Pork, ½ lb.	.08
Crackers, ½ lb.	.05
Red cabbage, ½	.05
Pumpkin	.10
Tomatoes, home canned	.03
4 lbs. pot roast	.60
Ice and salt	.07
Gelatin	.04
Small bottle stuffed olives	.10
Vanilla	.05
Spices and salt	.08
Lard	.05
Total for 1 week	$7.92

December 8-15

Milk, 13 qts. at 9 cts.	$1.17
Butter, 2½ lbs. at 44 cts.	1.10
½ lb. cheese	.11
Light cream, 9 half pint jars	.63
1 doz. fresh eggs	.55
Medium cream, 2 jars	.20
2 cottage cheeses	.10
Peaches	.10
Flour	.20
Sugar, 4 lbs.	.24
Cereal	.08
Potatoes	.10
Canned tomatoes	.05
Oil	.11
2 yeast cakes	.04
Spices	.02
Molasses	.05
8 oranges	.18
Jelly	.03
Crackers	.10
Vegetables	.05
Rye and corn meal	.05
Chocolate	.05
Halibut, 1½ lbs.	.30
Macaroni	.03
Apples	.10
Raisins and currants	.03
Codfish	.02
1 can corn	.12
1 pt. quinces	.10
1 pt. oysters	.20
½ lb. figs	.08
¼ lb. bacon	.04
¼ lb. lard	.04
1½ lbs. forequarter lamb	.15
Beans	.08
Pork, ½ lb.	.08
Red cabbage	.05
5 lb. fowl	.75
Gelatin, ½ tablespoon	.01
Coffee at 35 cts. lb.	.28
Cocoa	.02
Pickles	.05
Rice	.01
1 lb. lower round	.15
Spices and salt	.05
Total for week	$8.05

December 15-22

12 qts. milk at 9 cts.	$1.08
1 doz. eggs, fresh	.55
2½ lbs. butter at 44 cts.	1.10
2 jars medium cream	.20
7 jars light cream	.49
½ lb. full cream cheese	.11
1 lb. lower round	.15
Rice and tapioca	.03
Cereal	.08
Coffee	.28
Molasses	.05
1½ lbs. halibut	.30
Potatoes	.05
Apples	.10
Indian and rye meal	.05
2 yeast cakes	.04
¼ lb. bacon	.04
Crackers	.10
Quinces	.10
4 lbs. forequarter lamb	.40
Sweet potatoes	.10
Baking powder	.05
Flour	.20
Sugar, 3 lbs.	.18
Vegetables	.05
Codfish	.02
Spices and salt	.04
4 lbs. haddock	.28
½ pt. oysters	.10
Chocolate, 1 square	.03
Pea beans	.08
Pork	.04
1 lb. sausage	.16
Squash, 3 lbs.	.09
6 bananas	.10
5 lbs. fowl	.75
Cocoa	.02
Currant jelly	.10
Lard	.10
Total for week	$7.79

December 22-31

16 qts. milk at 9 cts.	$1.44
15 eggs at 55 cts. doz.	.69
13 half pint jars light cream	.91
3½ lbs. butter at 44 cts	1.54
½ lb. full cream cheese	.11
2 cottage cheeses	.10
1 jar medium cream	.10
Graham flour and cereal	.10
Coffee	.38
Apples	.10
2 yeast cakes	.04
Currant jelly	.10
1 lb. lower round and suet	.17
Turnips and onions	.08
Crackers	.05
1½ lbs. halibut	.30
Lettuce	.08
Baking powder and flour	.25
4 lbs. sugar	.24
¼ lb. bacon	.04
Sweet potatoes	.10
Macaroni and pickles	.07
2 qts. tomatoes	.06
8 lbs. goose at 25 cts.	2.00
Lard and mince meat	.13
1 doz. oranges	.25
1 pint cranberries	.06
Ice and salt	.10
½ lb. nuts and ½ lb. raisins	.19
Walnut meats	.10
Kidney beans and pork	.14
Indian and rye meal	.05
Rice	.03
Chili sauce and tea	.04
Vinegar and molasses	.06
½ lb. lower round	.08
Gelatin	.02
Finnan haddie	.20
Lima beans	.03
Oil	.05
1 lb. prunes	.12
Potatoes and 3 lbs. squash	.19
Total for week	$10.89
	7.92
	8.05
	7.79
Total for month	$34.65

Lowering the Cost

December 1-8

Omit 7 jars light cream	$0.49
Omit coffee	.28
Pickles	.04
Oranges and substitute apples	.13
Red cabbage	.05
Olives	.10
Total for week	$1.09

December 8-15

7 jars light cream	$0.49
Oil	.05
Substitute 4 lbs. forequarter lamb at 40 cts. for 5 lbs. fowl	.35
Omit 1 qt. milk	.09
Red cabbage	.05
Pickles	.05
Substitute emergency soup for scalloped oysters	.20
	$1.28

December 15-22

1 jar medium cream	$0.10
7 jars light cream	.49
½ pint oysters, use onion stuffing	.10
Sausages and bananas	.26
Substitute baked beans, use apples in fritters.	
	$0.95

December 22-31

3 eggs for scrambled eggs, substitute potatoes	$0.12
10 jars light cream	.70
Coffee	.38
Pickles	.04
Oranges use apples	.25
Nuts and raisins	.19
Walnut meats	.10
Chili sauce	.02
Tea	.02
Use 4 lbs. roast chicken Friday and Mond'y	$0.72
Forequarter lamb fricassee, 2 lbs., Sunday	.20
	$0.92
For roast goose, $2.00, difference	1.08
	$2.90
Total for month	$6.22

Hints for the Housekeeper

Buttered Crumbs. Use ¼ as much melted butter as rolled cracker crumbs. The crumbs may be prepared for several days' use and kept in a cold place.

Prepared Crumbs. For crumbing croquettes, use dried bread, dried but not browned in the oven. Then put through the meat chopper. Keep in an uncovered jar, or, if necessary, tie a piece of cheese cloth over the jar, to admit the air.

Extracting Onion Juice. Cut a slice from the root end of the onion and scrape down the onion with a vegetable knife, when the juice will flow. The cut onion may be put away for further use.

Peeling Onions. Cover with cold water and hold under water while peeling.

Cooking Onions and all strong odor vegetables. Cook in an uncovered dish, when there is less odor. The time required for cooking is longer, but the odor is not concentrated.

Potatoes and Vegetables, if not to be served whole, may be cut in small pieces of uniform size for quick cooking.

Celery and Lettuce, after washing, may be wrapped in a wet cloth, and will keep fresh for several days.

Fish and Vegetables of strong odor should be covered in the ice box.

Apples for salad should be prepared with a silver knife, to prevent discolorization, and will keep white after preparation by covering with cold water.

Lemons cut, but not used, will keep fresh placed cut side down on a plate.

Suggestions for Christmas Giving

Maple Cocoanut Candy. Mix 1 cup confectioners' sugar, ½ cup maple syrup, ¼ cup Hood's milk. Put in saucepan and stir constantly until the boiling point is reached. Boil without stirring until a soft ball will form when tried in cold water. Remove from the fire, add ½ cup cocoanut, beat until it begins to sugar, then drop by spoonfuls onto buttered paper. Makes 1 pound.

Salted Almonds. Blanch ¼ pound Jordan almonds by covering with boiling water, and after a few minutes snapping off the skins. Melt ⅓ cup Hood's butter, put in the almonds about ⅓ at a time, and stir constantly until brown. Take out and drain on paper and sprinkle with salt.

Walnut Candy. Put in a saucepan 2 cups brown sugar, ½ cup Hood's butter, 4 tablespoons molasses, 2 tablespoons each vinegar and water. Boil 15 minutes, or until a firm ball will form when tried in cold water. Add 1 cup nut meats broken in pieces. Turn into buttered pan, and when cool mark into squares.

Fruit Cake. Cream 1 cup Hood's butter, add 1 ⅓ cups light brown sugar, then add 1 pound currants, 1 pound raisins cut in small pieces, and ¼ pound citron cut in small strips. Add 4 of Hood's eggs well beaten. Mix and sift 2 cups pastry flour with 1 teaspoon cinnamon and ½ teaspoon each allspice, clove and nutmeg, and add to the first mixture with the juice of 1 lemon. Sift ½ teaspoon soda into ½ cup molasses and beat; while foaming stir into the first mixture. Bake in a bread tin in a very moderate oven about 3½ hours. This makes a 5 pound loaf, and it will keep a year.

Corn Balls. Boil ½ cup molasses and ¼ cup sugar until it is hard when dropped in cold water. Add to 4 quarts of popped corn, salted; shape into balls. Makes 4 dozen corn balls.

German Springerle Cakes. Beat the yolks of 2 of Hood's eggs until light colored, the whites until stiff and dry, then beat together. Add the grated rind of ½ lemon and ½ cup powdered sugar gradually. Then add 2 cups flour sifted with ½ teaspoon baking powder. Knead and cover closely. After chilling, roll small pieces into a sheet ⅛ inch in thickness. Dust lightly with flour and shape. Let stand several hours, or over night. In the morning transfer to baking tins buttered and sprinkled with caraway seed. Bake in a slow oven to a light straw color.

Month of January

THE COMFORTABLE, OLD-FASHIONED HOUSE

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Food for Season

Food is anything which nourishes the body. The well nourished man can much better endure the cold of winter than the poorly nourished one. In the summer we desire less and lighter food than in the winter. So in the winter I have chosen the meat to be replaced by the fish in the summer. Again, in the winter fried food is palatable, while in the summer are preferred the lighter salads. In the winter I have chosen the steamed puddings and in the summer the fresh fruits, as the fruit is more cooling to the body. I find then, after studying the composition and the preparation of food and the relation which one food stuff bears to the other, that I am able to work out a satisfactory daily living for the different seasons.

It is said that the cheapest food is that which supplies the most nourishment for the least money. The most economical food is that which is the cheapest and at the same time best adapted to the wants of the eater. I have chosen then the most economical rather than always the cheapest food.

Memoranda

January 1

Breakfast

Oat Cereal
Coffee
Sweet Milk Griddle Cakes
Lemon Syrup

Luncheon or Supper

Rice with Cheese
Molasses Cookies
Canned Peaches

Dinner

Clam Chowder
Pickles
Chocolate Bread Pudding

January 2

Breakfast

Boiled Hominy
Creamed Codfish
Toasted Bread
Coffee

Luncheon or Dinner

Scalloped Cheese
Hot Biscuit
Hot Apple Sauce
Molasses Cookies

Dinner or Supper

Baked Beans
Steamed Graham Bread
Chili Sauce
Baked Custards

January 3

Breakfast

Reheated Beans
Reheated Graham Bread
Coffee
Grapefruit

Dinner

Fowl Southern Style
Hominy Balls
Creamed Turnips
Charlotte Russe

Tea

Toasted Bread
Baked Apples
Molasses Cookies
Cocoa

January 4

Breakfast

Oat Cereal — Baked Beans Reheated
Toasted Graham Bread — Coffee

Luncheon or Supper

Chicken Broth with Rice
Stewed Prunes — Toasted Bread

Dinner

Breaded Lamb Chops — Tomato Sauce
Mashed Potatoes — Boiled Parsnips — Apple Tapioca

January 5

Breakfast

Oat Cereal — Potato Cakes
Entire Wheat Muffins — Coffee

Luncheon or Supper

White Cream Soup — Grapefruit and Nut Salad
French Dressing — Hot Biscuit

Dinner

Baked Haddock — Onion Dressing
Drawn Butter Sauce — French Fried Potatoes
Mince Pie

January 6

Breakfast

Oat Cereal — Scrambled Eggs with Cheese
Toasted Bread — Coffee

Luncheon or Supper

Scalloped Fish — Cottage Cheese — Hot Apple Sauce
Entire Wheat Baking Powder Biscuit

Dinner

Stuffed Rolled Roast — Baked Potatoes
Mashed Turnips — Quick Mayonnaise Dressing
Grapefruit and Shredded Lettuce Salad
Bread and Butter

January 7

Breakfast

Wheat Cereal — Corn Cake
Omelet — White Sauce — Coffee

Luncheon or Supper

Turnip Cream Soup — Crisp Crackers
Canned Quinces — Bread and Butter

Dinner

Cold Stuffed Roast
Delmonico Potatoes — Boiled Onions
Cranberry Pudding — Lemon Cream Sauce

January 8

Breakfast

Oat Cereal — Scrambled Eggs
Toasted Bread — Coffee

Luncheon or Supper

Macaroni with Tomato Sauce and Cheese
Chocolate Nut Cake — Boiled Frosting — Tea

Dinner

Baked Halibut — Baked Onions — White Sauce
Boiled Potatoes — Baldwin Pudding

January 9

Breakfast

Oat Cereal — Creamed Potatoes
Rye Muffins — Coffee

Luncheon or Dinner

Fish Souffle — Mince Turnovers
Entire Wheat Bread

Dinner or Supper

Baked Kidney Beans — Brown Bread
Cabbage Salad — Boiled Dressing — Squash Pie

January 10

Breakfast

Baked Sausages — Apple Rings
Reheated Brown Bread — Coffee

Dinner

Roast Lamb — Mashed Potatoes — Gravy
Steamed Squash
Ginger Ice Cream — Chocolate Cake

Tea

Apples Baked in Casserole
Toasted Bread — Cocoa

January 11

Breakfast

Wheat Cereal — Coffee
Reheated Beans — Toasted Brown Bread

Luncheon or Supper

St. Germain Corn Soup — Croutons of Bread
Nut Cake — Sliced Oranges

Dinner

Cold Roast Lamb with Gravy
Cabbage Scalloped with Cheese
Fried Potato Cakes — Apple Pie

January 12

Breakfast

Oat Cereal — Coffee
Creamed Codfish — Baked Potatoes

Luncheon or Supper

Kidney Bean Salad
Bread and Butter — Rice Pudding

Dinner

Lamb Croquettes — Hot Fried Biscuit
Orange Custard Pudding

January 13

Breakfast

Oat Cereal Creamed Eggs
Toasted Bread Coffee

Luncheon or Supper

Lamb and Potato Stew
Dressed Lettuce Jellied Figs

Dinner

Fish Chowder Pickles
Steamed Apple Pudding Molasses Sauce

January 14

Breakfast

Oat Cereal Oven Broiled Bacon
Reheated Baking Powder Biscuit Coffee

Luncheon or Supper

Scalloped Fish Bread and Butter
Orange Salad French Dressing Crackers

Dinner

Southern Broiled Chicken Southern Sweet Potatoes
Corn Croquettes Cottage Cheese Crackers

January 15

Breakfast

Wheat Cereal Oat Meal Muffins
Baked Apples Coffee

Luncheon

Scalloped Potatoes Pickles
Bread and Fruit Mould

Dinner

Baked Smelts Sauce Tartare
French Fried Potatoes
Steamed Pudding Lemon Cream Sauce

January 16

Breakfast

Oat Cereal
Baked Potatoes
Creamed Codfish
Coffee

Dinner or Luncheon

Potato Soup
Jelly
Hot Raised Muffins
Full Cream Cheese

Dinner or Supper

Baked Beans with Tomato
Butter Cake
Steamed Graham Bread
Chocolate Frosting

January 17

Breakfast

Fish Balls
Oranges
Reheated Graham Bread
Coffee

Dinner

Boiled Chicken
Celery
Potato Balls
Mashed Potatoes
Cranberry Jelly
Milk Sherbet

Tea

Milk Sherbet
Cake

January 18

Breakfast

Oat Cereal
Toasted Graham Bread
Reheated Beans
Coffee

Luncheon

Hygienic Soup
Fruit Mayonnaise Dressing
Orange Salad
Baking Powder Biscuit

Dinner

Chicken and Curried Rice
Butter Cake
Creamed Celery with Cheese
Canned Peaches

January 19

Breakfast

Oat Cereal Omelet
White Sauce Toasted Bread Coffee

Luncheon

Macaroni with Cheese Apple Indian Pudding

Dinner

Baked Bean Soup Buttered Potatoes
Fried Flounder Mayonnaise Dressing
Prune Souffle Whipped Cream

January 20

Breakfast

Oat Cereal Broiled Potatoes
Oven Broiled Bacon Coffee

Luncheon

Cream of Onion Soup Crisp Crackers
Stewed Prunes Bread and Butter

Dinner

Broiled Forequarter Chops Boiled Potatoes
Mashed Turnips Orange Charlotte

January 21

Breakfast

Oat Cereal Hashed Brown Potatoes
Rye Muffins Coffee

Luncheon

Broiled Tripe Toasted Bread
Apple Tapioca

Dinner

Round Steak with Creole Sauce Mashed Potatoes
Cottage Cheese Crackers

January 22

Breakfast

Oat Cereal — Fried Potato Cakes
Graham Muffins — Coffee

Luncheon

Creamed Clams — Croustades of Bread
Orange Marmalade — Crackers

Dinner

Baked Haddock — Onion Dressing
Drawn Butter Sauce — Boiled Potatoes — Hot Gingerbread

January 23

Breakfast

Wheat Cereal — Indian Griddle Cakes
Lemon Syrup — Coffee

Dinner or Luncheon

Hashed Fish — Hot Biscuit
Ginger Cakes — Whipped Cream

Supper or Dinner

Baked Beans — Brown Bread with Raisins
Pickled Beets — Baked Custards

January 24

Breakfast

Reheated Beans — Reheated Brown Bread
Coffee — Doughnuts

Dinner

Roast Turkey — Stuffing — Mashed Potatoes
Gravy — Creamed Onions
Charlotte Russe

Tea

Celery and Nut Salad in Apples
Cheese — Crackers — Cocoa

January 25

Breakfast

Wheat Cereal
Toasted Brown Bread
Reheated Beans
Coffee

Luncheon or Supper

Potato Puff
Doughnuts
Apple Sauce

Dinner

Cold Roast Turkey
Parsnip Fritters
Steamed Rice
Date Whip

January 26

Breakfast

Cereal with Dates
Milk Toast
Coffee

Luncheon or Supper

Turkey Soup
Hot Biscuit
Cranberry Jelly

Dinner

Turkey Croquettes
French Fried Sweet Potatoes
Celery
Apple Dumplings
Molasses Sauce

January 27

Breakfast

Oat Cereal
Reheated Baking Powder Biscuit
Creamed Scrambled Eggs
Coffee

Luncheon or Supper

Welsh Rarebit
Crackers
Quinces and Light Cream
Doughnuts

Dinner

Fish Chowder
Mince Pie

January 28

Breakfast

Oat Cereal — Oven Broiled Bacon
Baked Potatoes
Coffee — Doughnuts

Luncheon or Supper

Cream Lima Bean Soup — Crisp Crackers
Orange Marmalade — English Muffins

Dinner

Scalloped Fish — Toasted Bread
Stewed Figs — Light Cream

January 29

Breakfast

Oat Cereal — Creamed Codfish
Toasted Bread — Coffee

Luncheon or Supper

Creole Rice — Sliced Bananas and Nuts
Bread and Butter

Dinner

Emergency Soup — Cheese Croquettes — Cheese Straws

January 30

Breakfast

Hominy — Coffee
Bananas Baked in the Skin — Toasted Bread

Luncheon or Dinner

Fried Smelts — Quick Mayonnaise Dressing
French Fried Potatoes
Hot Biscuit — Baked Apples

Dinner or Supper

Baked Beans with Tomato
Steamed Graham Bread — Custard Pie

January 31

Breakfast

Reheated Beans — Reheated Brown Graham Bread
Bananas — Coffee

Dinner

Pot Roast — Fried Hominy
Mashed Potatoes — Milk Sherbet

Tea

Toasted Bread — Cocoa — Milk Sherbet

A Perfect Milk is a Perfect Food

"Due regard for health, strength and purse requires that food shall supply enough protein to build tissue and enough fats and carbohydrates for fuel, and that it shall not be needlessly expensive.

"Food supplies the wants of the body in several ways. It either—

"Is used to form the tissues and fluids of the body;

"Is used to repair the wastes of tissues;

"Is stored in the body for future consumption;

"Is consumed as fuel, its potential energy being transformed into heat or muscular energy, or other forms of energy required by the body; or,

"In being consumed, protects tissues or other food from consumption.

"Protein forms tissue (muscle, tendon, etc., and fat) and serves as fuel.

"Fats form fatty tissue (not muscle, etc.), and serve as fuel.

"Carbohydrates are transformed into fat and serve as fuel.

"All nutrients yield energy in form of heat and muscular strength.

"In being themselves burned to yield energy, the nutrients protect each other from being consumed. The protein and fats of body tissue are used like those of food. An important use of the carbohydrates and fats is to protect protein (muscle, etc.) from consumption. W. O. ATWATER, Ph.D.,

"*Special Agent in Charge Nutrition Investigations, Office Experiment Stations, United States Department of Agriculture.*"

January 1

Oat Cereal. Refer to November 4.

Coffee. Refer to November 1.

Sweet Milk Griddle Cakes

Mix and sift 1 cup pastry flour, 1¼ teaspoons baking powder, ¼ teaspoon salt, and ½ tablespoon sugar. Mix ¾ cup Hood's milk with 1 of Hood's eggs well beaten, and add gradually to the dry ingredients. Fry as rice griddle cakes, refer to November 5. Serve with

Lemon Syrup

Add ⅓ cup hot water to ¾ cup sugar; boil until the syrup is thick, or about 6 minutes. Remove from the fire, and add the juice of ½ lemon.

Rice with Cheese. Refer to December 4.

Molasses Cookies. Refer to December 15.

Canned Peaches. Refer to November 18.

Clam Chowder

Pick over 1 pint clams, drain and reserve the liquor. With the scissors cut the dark part from the soft part of the clams, then cut the heads in small pieces, and lay aside from the soft part. Pare, cut in small cubes and parboil 5 minutes in boiling water to cover 3 potatoes, then drain. Try out 2 slices salt pork, add 1 onion cut in small pieces, and cook onions and pork together until onion is brown. Strain fat into potatoes; add the heads of the clams; dredge well with flour, sprinkle with salt and pepper; add the clam liquor and 1½ cups boiling water. Cook about 10 minutes or until the potatoes are soft, add the soft part of the clams and cook about 2

minutes more. Then add 2 cups Hood's milk scalded, 4 common crackers split, and 1 tablespoon Hood's butter. Do not allow the chowder to boil after the milk is added, or it may curdle.

Chocolate Bread Pudding

Refer to December 18.

January 2

Boiled Hominy

Put 1 cup prepared hominy, 4 cups boiling water, 1 teaspoon salt in the top of the double boiler. Boil 5 minutes, stirring constantly, then cook over hot water 1 hour, stirring occasionally.

Creamed Codfish. Refer to November 6.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Scalloped Cheese

Use in alternate layers 2 cups stale bread crumbs and 1 cup grated cheese. Put in baking dish and pour over a custard, prepared by using 2 of Hood's eggs well beaten, 1 pint Hood's milk, and salt and pepper to taste. Bake about ½ hour in a hot oven.

Hot Biscuit. Refer to November 7.

Apple Sauce. Refer to December 12.

Molasses Cookies. Prepared January 1.

Baked Beans. Refer to November 7.

Steamed Graham Bread

Sift 1 cup white flour, 2 teaspoons soda and 1 teaspoon salt. Add 2 cups graham flour, unsifted. Then

add ½ cup molasses and 2 cups Hood's milk which has been soured and is thick. Steam in a buttered mould 3½ hours.

Baked Custards. Refer to November 7.

January 3

Reheated Beans. Refer to November 1.

Reheated Graham Bread. Refer to November 1.

Coffee. Refer to November 1.

Grapefruit

Cut 2 grapefruit in halves, and with a sharp knife loosen the pulp from the skin. Serve 1 half to each person.

Fowl Southern Style. Refer to November 1.

Hominy Balls

Shape cold boiled hominy into balls, roll in crumbs, then dip in one of Hood's eggs, then in crumbs again. Fry in deep fat and drain on brown paper. Serve in place of potatoes.

Creamed Turnips. Refer to December 16.

Charlotte Russe. Refer to December 13.

Toasted Bread. Refer to November 1.

Baked Apples. Refer to November 1.

Molasses Cookies. Prepared January 1.

Cocoa. Refer to December 13.

January 4

Oat Cereal. Refer to November 4.

Baked Beans Reheated. Refer to November 1.

Toasted Graham Bread. Refer to November 2.

Coffee. Refer to November 1.

Chicken Broth with Rice.

Add a quantity of cold water to ¼ cup rice, bring to the boiling point, drain and add to 1 quart stock left from cooking the fowl. Cook in the double boiler about 45 minutes, or until soft. Add 1 quart cold water to the left over fowl and cook about ½ hour, adding more water if necessary. Add the quart of water drained from the fowl and the meat taken from the bones to stock in the double boiler. Season with salt and pepper.

Stewed Prunes. Refer to December 4.

Toasted Bread. Refer to November 1.

Breaded Lamb Chops. Refer to December 12.

Tomato Sauce. Refer to December 12.

Mashed Potatoes. Refer to November 1.

Boiled Parsnips

Wash and cut in 4 pieces 3 parsnips. Cook in an uncovered saucepan in boiling salted water until soft. Drain and scrape off the skins. Mash, add 1 tablespoon Hood's butter, and season with salt and pepper.

Apple Tapioca

Add 1 cup cold water to ⅓ cup minute tapioca and ¼ teaspoon salt. Cook in the double boiler until the tapioca is transparent, add more water if necessary to

make a mixture that will pour easily. Pare, quarter and core 5 apples. Put in baking dish, add ⅓ cup sugar and the cooked tapioca. Bake in a moderate oven about ½ hour, or until the apple is soft.

January 5

Oat Cereal. Refer to December 4.

Potato Cakes. Refer to November 2.

Entire Wheat Muffins

Use 1 cup of entire wheat flour in place of graham flour, and prepare as graham muffins, refer to November 3.

Coffee. Refer to November 1.

White Cream Soup. Refer to November 2.

Grapefruit and Nut Salad

Cut 2 grapefruit in halves, remove the pulp with a spoon, drain and use the liquid in preparing the French dressing in place of vinegar. Arrange the fruit on lettuce leaves, sprinkle over ⅓ cup nut meats broken in pieces, and pour over a

French Dressing. Refer to November 7.

Hot Biscuit. Refer to November 7.

Baked Haddock. Refer to November 3.

Onion Dressing. Refer to November 3.

Drawn Butter Sauce. Refer to November 3.

French Fried Potatoes

Pare and cut potatoes lengthwise in ¼ inch slices, and the slices in ¼ inch strips. Soak 1 hour in cold

water. Cover with boiling water and parboil 5 minutes. Drain in a strainer for about 10 minutes, shaking occasionally. Fry about 8 minutes in deep fat, or until soft when tried with a fork. Drain on brown paper and sprinkle with salt. Fry a few at a time.

Mince Pie

Refer to November 26.

January 6

Oat Cereal. Refer to November 4.

Scrambled Eggs with Cheese

Add ½ cup Hood's full cream cheese, grated, to creamed scrambled eggs, refer to December 2.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Scalloped Fish. Refer to November 11.

Entire Wheat Baking Powder Biscuit

Use 1 cup entire wheat flour in place of 1 cup white flour and make as baking powder biscuit, refer to November 2.

Cottage Cheese. Refer to November 5.

Hot Apple Sauce. Refer to December 12.

Stuffed Rolled Roast. Refer to November 18.

Baked Potatoes. Refer to November 4.

Mashed Turnip. Refer to November 6.

Grapefruit and Shredded Lettuce Salad

Remove the pulp as in grapefruit salad, refer to January 5. Take out the membrane which lines the sections and leave a clean shell. Shred with the scissors ½ as much lettuce as fruit and fill the shells. Just before serving garnish with

Quick Mayonnaise Dressing

Refer to December 8 and omit white of egg.

January 7

Wheat Cereal. Refer to November 2.

Corn Cake. Refer to December 1.

Omelet. Refer to December 5.

White Sauce. Refer to November 6.

Coffee. Refer to November 1.

Turnip Soup. Refer to November 12.

Crisp Crackers. Refer to December 23.

Canned Quinces. Refer to November 3.

Cold Stuffed Roast. Prepared January 6.

Delmonico Potatoes

Prepare creamed potatoes, refer to November 4, put in baking dish. Add ⅓ cup Hood's full cream cheese grated, and cover with buttered crumbs. Refer to December Hints for the Housekeeper. Reheat and brown the crumbs in a hot oven.

Boiled Onions. Refer to November 8.

Cranberry Pudding

Mix ½ cup each molasses and warm water. Sift together 2 cups flour and ½ teaspoon each salt and soda, and add to the first mixture with 1 pint cranberries. Steam 3 hours and serve with

Lemon Cream Sauce

Cream ¼ cup Hood's butter, add ½ cup powdered sugar, then add the white of 1 egg and beat well. When ready to serve set the saucepan containing the sauce in boiling water over the fire and add the juice of ½ lemon and ¼ cup boiling water, and stir until creamy.

January 8

Oat Cereal. Refer to November 4.

Scrambled Eggs. Refer to November 4.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Macaroni with Tomato Sauce

Cook 1 cup macaroni as for macaroni, refer to December 9. Put in baking dish, add ⅓ cup Hood's full cream cheese, grated, and pour over tomato sauce, refer to December 12. Reheat in a hot oven.

Chocolate Nut Cake

Cream ⅓ cup butter, add 1 cup sugar gradually, and 2 of Hood's eggs well beaten. Mix and sift 1⅓ cups flour with 2½ teaspoons baking powder, and add alternately with ½ cup Hood's milk to the first mixture. Add ½ cup nut meats cut in small pieces. Bake about 40 minutes. Frost with

Boiled Frosting

Boil 1 cup sugar and ½ cup water together until it threads. Beat whites of 2 of Hood's eggs until stiff.

Then add the syrup, a few drops at a time, beating until stiff between each addition. When the syrup has cooled slightly it may be added more rapidly. When cool spread on the cake.

Baked Halibut. Refer to December 9.

Baked Onions. Refer to November 13.

Boiled Potatoes. Refer to November 3.

White Sauce. Refer to November 6.

Baldwin Pudding. Refer to December 2.

January 9

Oat Cereal. Refer to November 4.

Creamed Potatoes. Refer to November 4.

Rye Muffins. Refer to November 7.

Coffee. Refer to November 1.

Fish Souffle

Melt 2 tablespoons Hood's butter, add 3 tablespoons flour, and gradually 1 cup Hood's milk. Remove from the fire, add the left over halibut, about ⅔ cup. Add the yolks of 3 of Hood's eggs, beaten until thick and lemon colored. Season with salt and pepper and cool. Beat the whites of the eggs stiff and dry and fold into the mixture. Bake about 25 minutes in a moderate oven.

Entire Wheat Bread

Scald 2 cups Hood's milk, add 1 teaspoon salt, ¼ cup molasses, and when lukewarm add 1 yeast cake dissolved in ¼ cup lukewarm water. Then add 2 cups white

flour, 3 cups entire wheat flour, and enough more entire wheat flour to make it stiff enough to knead. Proceed as for bread, refer to November 2.

Mince Turnover

Roll out ½ the recipe of pastry ⅛ inch in thickness and cut rounds the size of a small saucer. Put a tablespoon of mince meat on the lower centre half. Wet the edges of the pastry with cold water and fold the upper half over the under half. Prick with a fork and bake about 20 minutes in a moderate oven.

Baked Kidney Beans. Refer to December 26.

Brown Bread. Refer to November 7.

Cabbage Salad. Refer to November 7.

Boiled Dressing. Refer to November 2.

Squash Pie. Refer to November 14.

January 10

Baked Sausage. Refer to December 20.

Apple Rings. Refer to November 21.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Roast Lamb. Refer to November 22.

Mashed Potatoes. Refer to November 1.

Gravy. Refer to November 8.

Steamed Squash

Cut the squash remaining from squash pie in small pieces, put in a strainer, cover and steam over hot water

until soft, then rub through the strainer, add 2 tablespoons Hood's butter and salt to taste.

Ginger Ice Cream

Add ½ cup preserved ginger cut in small pieces to vanilla ice cream, refer to November 1.

Chocolate Cake. Prepared January 8.

Apples Baked In Casserole

Pare, quarter and core 6 apples, put in heavy baking dish, add ½ cup molasses and cover with cold water. Cover tightly and cook in a moderate oven about 4 hours, adding more water if necessary. Serve cold.

Toasted Bread. Refer to November 1.

Cocoa. Refer to December 13.

January 11

Wheat Cereal. Refer to November 2.

Reheated Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

Coffee. Refer to November 1.

St. Germain Corn Soup

Add 1 quart cold water and 1 onion sliced fine to ½ can corn and simmer 15 minutes. Drain the liquid and press the corn through a sieve. Melt ¼ cup Hood's butter, add ⅓ cup flour, then gradually stir in the corn broth, and stir until thickened. Then turn into 2½ cups Hood's milk, scalded. Season with salt and paprika.

Croutons of Bread. Refer to November 5.

Chocolate Nut Cake. Prepared January 8.

Sliced Oranges. Refer to December 28.

Cold Lamb with Gravy

Arrange slices of cold roast lamb on a platter, and pour reheated gravy over each slice.

Cabbage Scalloped with Cheese

Refer to November 5.

Fried Potato Cakes

Refer to November 2.

Apple Pie

Prepare pastry, refer to November 9, and line a plate. Pare, quarter, core and cut in eighths from 5 to 7 apples and fill into plate. Sprinkle over ½ cup sugar, few gratings nutmeg and 1 teaspoon Hood's butter. Moisten the rim of pastry on the plate with cold water. Fit on the upper crust, in which has been cut a few gashes, to allow the steam to escape while cooking. Brush over the top crust with Hood's milk and bake about 45 minutes in a moderate oven.

January 12

Oat Cereal. Refer to November 4.

Creamed Codfish. Refer to November 6.

Baked Potatoes. Refer to November 4.

Coffee. Refer to November 1.

Kidney Bean Salad. Refer to December 29.

Rice Pudding. Refer to December 14.

Lamb Croquettes

Melt 2½ tablespoons Hood's butter, add ⅓ cup flour, and gradually 1 cup Hood's milk. When thickened

remove from the fire, add 2 cups cold lamb cut fine, a few drops onion juice, salt, paprika and celery salt to taste. Spread on a plate to cool and proceed as for cheese croquettes, refer to November 9.

Fried Biscuit

Shape bread dough as for raised biscuit, refer to November 5. When risen, drop into deep fat and fry about 6 minutes, drain on brown paper.

Orange Custard Pudding

Prepare 3 oranges as sliced oranges, refer to December 28, and sprinkle with sugar. Scald 1 cup Hood's milk, mix ¼ cup sugar, ½ tablespoon flour and the yolk of one of Hood's eggs. Pour on the scalded milk, return to the double boiler and cook until the mixture coats the spoon. Remove from the fire, add a few grains salt, ¼ teaspoon vanilla and the white of the egg beaten stiff. Then pour over the prepared oranges.

January 13

Oat Cereal. Refer to November 4.

Creamed Eggs

Prepare white sauce, refer to November 6, and add 3 of Hood's eggs hard boiled and cut in eighths lengthwise. Season with salt and paprika and serve on

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Lamb and Potato Stew. Refer to November 24.

Dressed Lettuce. Refer to November 9.

Jellied Figs

Prepare stewed figs, refer to November 17, add the juice of 1 orange and enough water to make 2 cups of liquid. Soften 2 tablespoons granulated gelatin in ¼ cup cold water, dissolve in ½ cup boiling water and strain into the figs. Mould and chill. Serve with Hood's light cream.

Fish Chowder

Refer to December 4.

Steamed Apple Dumplings

Prepare a double recipe of baking powder biscuit, refer to November 2. Pare, quarter and core 5 apples. Put in a deep bowl and cover with ¼ of the biscuit mixture, baking the remainder as biscuit. Steam the pudding 1½ hours and dry in the oven about 10 minutes. Serve with

Molasses Sauce

Refer to December 30.

January 14

Oat Cereal. Refer to November 4.

Oven Broiled Bacon. Refer to December 3.

Reheated Baking Powder Biscuit
Refer to November 12.

Coffee. Refer to November 1.

Scalloped Fish. Refer to November 11.

Orange Salad. Refer to December 1.

French Dressing. Refer to November 7.

Southern Broiled Chicken

Cut a 2 pound broiler in pieces for serving. Brush over with Hood's butter, melted, then dip in soft bread crumbs. Put in baking dish. Pour over 2 tablespoons Hood's butter, melted, and bake about 20 minutes in a hot oven.

Southern Sweet Potatoes

Arrange 4 boiled sweet potatoes, cut in quarters lengthwise, in a baking dish and season with salt. Mix 2 tablespoons Hood's butter, melted, with 2 tablespoons each molasses and hot water, and pour over the potatoes. Cook in a hot oven until the liquid is absorbed and the potatoes are brown.

Corn Fritters

Beat 1 of Hood's eggs, add 1 cup flour, 2 teaspoons salt, few grains cayenne, ½ can corn, ½ cup Hood's milk. Mix well. Drop by spoonfuls into deep fat and fry. Drain and serve hot.

January 15

Wheat Cereal

Refer to November 2

Oatmeal Muffins

Add 1 cup cold cooked oat cereal to white muffins, refer to November 17.

Baked Apples. Refer to November 1.

Coffee. Refer to November 1.

Scalloped Potatoes. Refer to December 17.

Bread and Fruit Mould. Refer to December 11.

Baked Smelts

Bone 1½ pounds smelts. Lay in buttered baking pan, skin side down, season with salt and dredge with flour. Baste with melted butter and bake about 10 minutes in a hot oven. Serve with

Sauce Tartare

Omit the white of egg from quick mayonnaise dressing, refer to December 8, and just before serving add few drops onion juice and 1 teaspoon each chopped parsley and pickles.

French Fried Potatoes. Refer to January 5.

Steamed Pudding. Refer to November 2.

Lemon Cream Sauce. Refer to January 7.

January 16

Oat Cereal. Refer to November 4.

Creamed Codfish. Refer to November 6.

Baked Potatoes. Refer to November 4.

Coffee. Refer to November 1.

Potato Soup

Add ½ cup riced potato to 1 quart Hood's milk which has been scalded with a slice of onion. Melt 1½ tablespoons Hood's butter, add 2 tablespoons flour, dilute with the hot mixture and stir into the remaining mixture. Cook in the double boiler 5 minutes. Strain, season with salt, celery salt, paprika. Add 1½ tablespoons Hood's butter and 1 teaspoon chopped parsley.

Hot Raised Muffins

Shape bread dough as for raised biscuit, refer to November 7. Put in muffin pan, let rise again, brush

over with Hood's butter, melted, and bake about 25 minutes in a hot oven.

Baked Beans with Tomato

Add 1 cup canned tomatoes before adding the water to baked beans, refer to November 7.

Steamed Graham Bread. Refer to January 2.

Butter Cake. Refer to November 11.

Chocolate Frosting. Refer to November 11.

January 17

Fish Balls. Refer to November 8.

Reheated Graham Bread. Refer to November 1.

Coffee. Refer to November 1.

Boiled Chickens

Order 2 two pound broiler chickens, dressed as for roasting. Singe, remove the pin feathers and clean. Sprinkle the inside with chopped parsley. Truss as for roasting and season with salt. Start cooking in 1 quart water, turning frequently. When about half cooked add 1 quart Hood's milk and finish cooking very slowly. Remove to platter and thicken 1 pint of the stock with ¼ cup flour diluted with cold water to pour. Season with salt and pour around the chicken. Garnish with

Potato Balls

With the French potato ball cutter cut out balls from 6 potatoes. Cook about 5 minutes in boiling salted water, or until soft. Drain and sprinkle with chopped parsley. Cut the remaining potatoes in small pieces and prepare mashed potatoes, refer to November 1.

Cranberry Jelly

Pick over and wash 1 quart cranberries, add ¾ cup hot water and boil 15 minutes, then rub through a sieve. Add 1 ½ cups sugar and boil 6 minutes, then turn into glasses.

Milk Sherbet. Refer to November 8.

Cake. Prepared January 16.

January 18

Oat Cereal. Refer to November 4.

Reheated Beans. Refer to November 1.

Toasted Graham Bread. Refer to November 2.

Coffee. Refer to November 1.

Hygienic Soup. Refer to December 2.

Orange Salad. Refer to December 1.

Fruit Mayonnaise Dressing

Mix ½ teaspoon each salt and sugar, and the yolks of 2 of Hood's eggs. Add the juice of ½ lemon and beat well, using the egg beater. Then add about ¾ cup oil gradually, using the egg beater for the mixing. Enough for 2 servings.

Baking Powder Biscuit

Refer to November 2.

Chicken and Curried Rice

Prepare steamed rice, refer to November 4, cut the left over chicken in small pieces and away from the bone. Stir into the rice and season with curry powder.

Creamed Celery and Cheese

Prepare 1 cup white sauce, refer to November 6, using, if preferred, the left over chicken stock in place of milk. Cook until tender 1½ cups celery cut in small pieces, drain, add to the sauce with ⅓ cup Hood's full cream cheese, grated. Reheat until the cheese is melted, then season with salt.

Butter Cake. Prepared January 16.

Canned Peaches. Refer to November 18.

January 19

Oat Cereal. Refer to November 4.

Omelet. Refer to December 5.

White Sauce. Refer to November 6.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Macaroni with Cheese. Refer to December 9.

Apple Indian Pudding

Pare, quarter and core 6 apples, put in baking dish and pour over the mixture prepared for Indian pudding, and bake as Indian pudding, refer to November 5.

Baked Bean Soup

Refer to November 3.

Buttered Potatoes

Wash and pare small potatoes, and cook until soft in boiling salted water. Melt in a frying pan 2 tablespoons Hood's butter, turn in the potatoes and stir over the fire

until the potatoes are covered with butter. Remove to serving dish and sprinkle with chopped parsley.

Fried Flounder

Order 2 pounds flounder, skinned and boned, to make fillets of flounder. Dip the fillets in granulated corn meal to which has been added salt. Fry in deep fat, about 6 minutes to a kettle, frying 4 pieces at a time. Drain on brown paper and serve with

Mayonnaise Dressing. Prepared January 18.

Prune Souffle. Refer to December 29.

Whipped Cream. Refer to November 4.

January 20

Oat Cereal. Refer to November 4.

Oven Broiled Bacon. Refer to December 3.

Broiled Potatoes

Cut cold boiled potatoes in ¼ inch slices lengthwise and put in pan with bacon fat left after broiling the bacon and brown in a hot oven, turning once.

Coffee. Refer to November 1.

Cream of Onion Soup. Refer to December 1.

Crisp Crackers. Refer to December 23.

Stewed Prunes. Refer to December 4.

Broiled Forequarter Chops

Wipe 1½ pounds chops cut from forequarter lamb. Put in broiler and broil from 6 to 8 minutes over a clear fire, turning every 10 seconds until well seared over, then brown on both sides or broil under the gas flame, turning once.

Boiled Potatoes. Refer to November 3.

Mashed Turnips. Refer to November 6.

Orange Charlotte

Prepare the recipe for orange jelly, refer to December 7. When beginning to thicken beat until foamy, then fold in the whip from ½ cup Hood's medium cream mixed with ¾ cup Hood's milk. Mould and chill.

January 21

Oat Cereal. Refer to November 4.

Hashed Brown Potatoes. Refer to December 24.

Rye Muffins. Refer to November 7.

Coffee. Refer to November 1.

Broiled Tripe

Cut 1 pound tripe in pieces for serving, wipe and dip in flour. Put 1 tablespoon Hood's butter in frying pan, and when smoking hot put in tripe and pan broil, turning constantly every 10 seconds until browned on both sides, and adding more butter if necessary.

Toasted Bread. Refer to November 1.

Apple Tapioca. Refer to January 4.

Round Steak

Cut 1 pound round steak, cut ¾ of an inch thick, into 6 pieces, and broil over a clear fire 5 minutes or under the gas flame. Remove to platter and pour around the meat

Creole Sauce

Cook 2 slices each carrot and onion, bit of bay leaf, sprig of parsley, 2 cloves, with 2 tablespoons Hood's

butter, until slightly yellow. Add 2½ tablespoons flour and 1 cup strained tomato. Stir until thickened. Season with salt and paprika and strain.

Mashed Potatoes.

Refer to November 1.

January 22

Oat Cereal. Refer to November 4.

Fried Potato Cakes. Refer to November 2.

Graham Muffins. Refer to November 3.

Coffee. Refer to November 1.

Creamed Clams

Prepare 1 pint clams as for chowder, refer to January 1 and add ½ cup cold water. Melt 3 tablespoons butter, add 4 tablespoons flour, and gradually the prepared clams with the liquid. Simmer 5 minutes, and add 1 cup Hood's milk scalded. Season with salt and pepper. Do not allow to boil after adding the milk. Serve in and around croustades of bread.

Croustades of Bread

Cut slices of bread 2 inches in thickness. Remove crusts, and cut the slices in halves. Hollow out the centre of each slice to form a box. Brush over with Hood's butter melted, and brown in a hot oven.

Orange Marmalade

Weigh 4 oranges, sliced in very thin slices, discarding any seeds, add an equal weight of sugar, and cook very slowly about 1½ hours, or until thick. Fill into glasses.

Baked Haddock. Refer to November 3.

Onion Dressing. Refer to November 3.

Drawn Butter Sauce. Refer to November 3.

Boiled Potatoes. Refer to November 3.

Hot Gingerbread. Refer to November 3.

January 23

Wheat Cereal. Refer to November 4.

Indian Griddle Cakes

Add ⅓ cup corn meal to 1 cup boiling water, and boil 5 minutes; then proceed as for rice griddle cakes. Refer to November 5.

Lemon Syrup. Refer to January 1.

Coffee. Refer to November 1.

Hashed Fish. Refer to November 14.

Hot Biscuit. Refer to November 7.

Ginger Cakes. Refer to November 4.

Whipped Cream. Refer to November 4.

Baked Beans. Refer to November 7.

Brown Bread with Raisins

Add ½ cup of cut raisins to mixture and proceed as for brown bread. Refer to November 7.

Pickled Beets

Boil 2 beets in boiling salted water until soft. Drain, cover with cold water, and peel. Then cut in thin slices and cover with vinegar, adding more salt if necessary.

Baked Custards

Refer to November 7.

January 24

Reheated Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Doughnuts. Refer to November 15.

Roast Turkey. Refer November 26.

Stuffing. Refer to November 26.

Mashed Potatoes. Refer to November 1.

Gravy. Refer to November 8.

Creamed Onions

Prepare boiled onions, refer to November 8, and pour over a cream sauce prepared from ½ cup top of bottle of Hood's milk and ½ cup of Hood's light cream, scalded together, and thickened with 1 tablespoon flour diluted with cold water to pour. Season with salt and pepper.

Charlotte Russe

Refer to December 13.

Celery and Nut Salad

Cut 1 cup celery in small pieces, mix with ½ cup walnut meats broken in pieces, and moisten with ½ the recipe French dressing, refer to November 7, and fill into apple shells, prepared as for Christmas salad, December 25. A few of the bits of apple may be added to the salad.

Cheese Crackers

Prepare crackers as for crisp crackers, refer to December 23. Put a teaspoon of Hood's full cream cheese, grated, on each cracker, and cook in the oven until the cheese is melted.

Cocoa

Refer to December 13.

January 25

Wheat Cereal. Refer to November 2.

Reheated Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

Coffee. Refer to November 1.

Potato Puff

Add to 2 cups hot mashed potato 2 tablespoons Hood's butter, melted, 2 of Hood's eggs well beaten, 1 cup Hood's milk, salt and pepper to taste. Put in deep buttered baking dish, and bake about 20 minutes in a moderate oven.

Doughnuts. Prepared January 24.

Apple Sauce. Refer to December 12.

Cold Roast Turkey. Prepared January 24.

Steamed Rice. Refer to November 4.

Parsnip Fritters

Prepare parsnips as for boiled parsnips, refer to January 4. Shape in small flat round cakes; roll in flour, and brown in a frying pan, using Hood's butter.

Date Whip

Beat the whites of 2 of Hood's eggs until stiff; add ⅓ cup sugar, the juice of ½ lemon, ½ pound dates, wiped, stoned, and cut in pieces. Beat ½ cup Hood's medium cream until stiff, and fold into the first mixture.

January 26

Cereal with Dates

Add ½ cup dates, wiped, stoned, and cut in pieces to wheat cereal, refer to November 2.

Milk Toast. Refer to December 27.

Coffee. Refer to November 1.

Turkey Soup

Put the bones of the turkey in a kettle, half cover with cold water and cook, turning occasionally, for 2 hours. Strain the stock, take the meat from the bones, and add to the stock with the left over rice. Season with salt, pepper, and celery salt.

Hot Biscuit. Refer to November 7.

Cranberry Jelly. Prepared January 17.

Turkey Croquettes

Prepare croquettes, using turkey, and proceed as for lamb croquettes, refer to January 12.

French Fried Sweet Potatoes

Pare and cut in ¼ inch slices sweet potatoes. Soak 1 hour in cold water, drain and dry about 1 hour in towel; then proceed as for French fried potatoes, refer to January 5.

Apple Dumplings. Refer to November 4.

Molasses Sauce. Refer to December 30.

January 27

Oat Cereal. Refer to November 4.

Reheated Baking Powder Biscuit.
Refer to November 12.

Creamed Scrambled Eggs. Refer to December 2.

Coffee. Refer to November 1.

Welsh Rarebit. Refer to November 8.

Quinces and Cream. Refer to November 3.

Doughnuts. Prepared January 24.

Fish Chowder. Refer to December 4.

Mince Pie. Refer to November 26.

January 28

Oat Cereal. Refer to November 4.

Oven Broiled Bacon. Refer to December 3.

Baked Potatoes. Refer to November 4.

Coffee. Refer to November 1.

Doughnuts. Prepared January 24.

Cream Lima Bean Soup

Prepare beans as for stewed lima beans; when soft rub through a sieve. Melt 3 tablespoons Hood's butter, add 3 tablespoons flour, and gradually 1 quart milk; add the bean mixture, stir until thickened, strain again and season with salt and pepper.

Crisp Crackers. Refer to December 23.

Orange Marmalade. Prepared January 22.

English Muffins

Add 1 yeast cake dissolved in ¼ cup lukewarm water to ½ cup of Hood's milk, scalded and cooled, in which 1 tablespoon of Hood's butter has been melted; add ¾ teaspoon salt and ¾ cup flour. Beat until smooth. When risen and full of bubbles add 1 cup more flour, and beat

until it is a smooth, tough batter. Then let double in bulk. When ready to bake, cut in 12 pieces, shape with floured hands to fit, and half fill muffin rings. Let rise to a little more than half fill the rings, then remove muffins and rings with a griddle cake turner to a well buttered griddle, well heated. Let cook slowly until well risen, then brown on both sides. Cool, then split, toast, and butter, and serve hot.

Scalloped Fish. Refer to November 11.

Toasted Bread. Refer to November 1.

Stewed Figs. Refer to November 17.

January 29

Oat Cereal. Refer to November 4.

Creamed Codfish. Refer to November 6.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Creole Rice

Cover ¾ cup of rice with cold water, bring to the boiling point and boil 5 minutes. Then drain and rinse. Put in double boiler with 2 cups tomato, and cook until rice is soft. Season with onion juice, paprika, and salt. Add 2 tablespoons Hood's butter, and serve very hot.

Sliced Bananas and Nuts

Peel, scrape, and slice 4 bananas, sprinkle with sugar, and add ½ cup nut meats broken in pieces.

Emergency Soup. Refer to November 5.

Cheese Croquettes. Refer to November 9.

Cheese Straws

Roll out ½ the recipe of pastry, refer to November 9; sprinkle with Hood's full cream cheese, grated. Fold over and roll out again, and sprinkle with more cheese, using for the recipe about ½ cup cheese. Roll ⅛ inch in thickness, cut in strips about 4 inches long and ¼ inch wide, lay on brown paper in a baking pan, and bake about 8 minutes in a moderate oven.

January 30

Boiled Hominy. Refer to January 2.

Coffee. Refer to November 1.

Bananas Baked in the Skin

Remove the skin from one section of each of 4 bananas, loosen the banana in the skin, then put back the other section. Lay in a plate, and bake about 10 minutes in a hot oven, or until the skin has turned black and the banana is soft. Remove from the skin before serving. Under ripe bananas are better for baked bananas.

Toasted Bread

Refer to November 1.

Fried Smelts

Bone the smelts, season with salt, dip in corn meal and fry about 5 minutes in deep fat. Drain on brown paper, and serve with

Quick Mayonnaise Dressing

Refer to December 8.

French Fried Potatoes. Refer to January 5.

Hot Biscuit. Refer to November 7.

Baked Apples. Refer to November 1.

Baked Beans with Tomato. Refer to January 16.

Steamed Graham Bread. Refer to January 2.

Custard Pie

Line a plate with ½ the recipe of pastry and build up a rim; add ½ cup sugar to 3 of Hood's eggs, slightly beaten; add a few grains salt, a few gratings nutmeg, and 2 cups Hood's milk. Fill into the lined plate, and bake about 1 hour in a very slow oven.

January 31

Reheated Beans. Refer to November 1.

Reheated Graham Bread. Refer to November 1.

Coffee. Refer to November 1.

Pot Roast. Refer to December 6.

Fried Hominy

Cut the hominy left from January 30 into 2-inch squares about ½ inch thick. It will cut better if it has been moulded in a mould, and then turned out for the cutting. Brown on both sides in a smoking hot frying pan, using Hood's butter.

Mashed Potatoes. Refer to November 1.

Milk Sherbet. Refer to November 8.

Toasted Bread. Refer to November 1.

Cocoa. Refer to December 16.

Cost of Living for January

January 1-8

1½ doz. eggs at 46 cts.	$0.69
2½ lbs. butter at 39 cts.	.98
13 qts. milk	1.17
9 half pint jars light cream	.63
1 cottage cheese	.05
½ lb. full cream cheese	.11
Coffee	.28
Cereal	.06
Flour	.20
Sugar	.18
Spices and salt	.03
Molasses and vinegar	.04
Rice	.03
1 lemon	.02
Peaches	.08
Clams, 1 pint	.10
Chocolate	.03
Hominy	.02
Codfish	.02
2 yeast cakes	.04
Apples	.10
Pea beans	.08
½ lb. salt pork	.08
Chili sauce and pickles	.06
Indian meal and graham flour	.03
6 grapefruit	.50
5 lbs. fowl	.75
Potatoes	.08
Quinces	.10
2 lbs. round steak cut whole	.40
Lettuce	.08
Crackers, ¼ lb.	.03
1 pt. cranberries	.06
Lard	.05
Vegetables	.08
Cocoa	.01
1 lb. prunes	.12
1½ lbs. forequarter chops	.15
Tapioca and vanilla	.04
Entire wheat flour	.02
Nuts	.05
Oil	.18
4 lbs. haddock	.28
Mince meat	.05
Tomato	.03
Total for 1 week	$8.07

January 8-15

13 qts. milk	$1.17
2½ lbs. butter at 39 cts.	.98
9 half pint jars light cream	.63
Cottage cheese	.05
1 doz. eggs	.46
¼ lb. full cream cheese	.06
Coffee	.28
Cereal	.08
Flour	.20
Sugar	.24
Spices and salt	.03
2 yeast cakes	.04
Apples	.10
Potatoes	.10
Kidney beans	.10
Macaroni	.03
Nuts, shelled walnuts	.05
Chocolate, 2 squares	.05
1½ lbs. halibut	.30
Onions	.04
Meal	.05
Mince meat	.03
Lard	.08
Pork, salt	.08
Cabbage, 3 lbs.	.09
Squash, 3 lbs.	.09
1 lb. sausage	.16
5 lbs. short leg of lamb	.90
Canton ginger	.05
Vanilla	.03
Molasses and vinegar	.08
Cocoa	.02
Can corn	.12
1 doz. oranges	.25
Codfish	.02
Rice	.01
Lettuce	.08
½ lb. figs	.08
4 lbs. haddock	.28
Pickles	.03
Baking powder	.03
Oil, ½ cup	.10
¼ lb. bacon	.04
Crackers	.05
2 lb. broiler	.50
Total	$8.24

January 15-22

12 qts. milk	$1.08
7 half pint jars light cream	.49
2½ lbs. butter at 39 cts.	.98
1 doz. eggs	.45
½ lb. full cream cheese	.11
1 cottage cheese	.05
1 jar medium cream	.10
Coffee	.28
Cereal	.08
Flour	.20
Sugar	.24
Spices and salt	.03
Molasses and vinegar	.04
Potatoes	.10
Apples	.10
Oil	.20
Pickles	.04
1 pt. canned fruit	.10
1½ lbs. smelts	.23
4 lemons	.08
Codfish	.05
Jelly	.05
Tomatoes	.03
Chocolate	.03
Cranberry jelly	.06
4 lbs. broilers	1.00
Celery	.12
1 doz. oranges	.25
Nuts	.03
Rice	.03
Peaches	.10
Macaroni	.03
2 lbs. flounder	.30
Bacon	.04
1 lb. prunes	.12
1½ lbs. forequarter chops	.18
Turnips	.03
Gelatin	.02
1 lb. tripe	.12
1 lb. top of round	.25
Baking powder	.03
Total for week	$7.85

January 22-31

18 qts. milk	$1.62
1 cottage cheese	.05
12 jars light cream	.84
1½ doz. eggs at 45 cts.	.68
½ lb. full cream cheese	.11
3 lbs. butter at 39 cts.	1.17
1 jar medium cream	.10
1 lb. coffee	.35
Cereal	.08
Flour	.20
Sugar	.24
Spices and salt	.03
3 yeast cakes	.06
Apples and potatoes	.20
Clams, 1 pt.	.10
Marmalade	.06
Haddock, 4 lbs.	.28
Molasses and vinegar	.03
4 lemons	.08
Raisins	.02
Baked beans and pork, ½ lb.	.16
Vegetables	.08
Celery	.12
Shelled walnuts	.10
Oil	.05
Lettuce	.08
Turkey, 8 lbs.	2.00
Rice	.03
1 lb. dates	.10
Lard	.05
Crackers	.05
Quinces	.10
Mince meat	.05
Bacon	.03
Lima beans	.03
½ lb. figs	.08
Codfish	.02
1 doz. bananas	.20
Smelts, 1½ lbs.	.23
Tomatoes	.03
Hominy	.02
Cocoa	.02
Ice and salt	.05
⅓ of pot roast, 4 lbs. 60 cts.	.20
Baking powder	.02
Total	$10.20
Total for month	$34.36

Lowering the Cost

January 1-8

7 half pint jars light cream	$0.49
Omit pickles	.04
Chili sauce	.04
Baked custards	.13
Grapefruit, 50 cts., use apples, 5 cts.	.45
Scrambled eggs with cheese, 15 cts., serve creamed codfish, 4 cts.	.11
Cottage cheese	.05
Make a double recipe English beef soup, 16 cts., in place of stuffed roast, 40 cts.	.24
	$1.55

January 8-15

Omit 7 jars light cream	$0.49
Coffee	.28
Cake	.25
1 doz. oranges, 25 cts., serve apples, 5 cts.	.20
Pickles	.03
Ginger from ice cream	.05
Serve broiled lamb chops, 18 cts., in place of chicken, 50 cts.	.32
	$1.62

January 15-22

7 jars cream	$0.49
Medium cream	.10
Coffee	.28
Oranges, 25 cts., serve apples, 5 cts.	.20
Celery	.12
Pickles	.05
Jelly	.95
	$1.29

January 22-31

10 jars light cream	$0.70
Omit 6 eggs for breakfast, 23 cts., use bacon, 8 cts.	.15
Doz. bananas, 20 cts., use apples, 5 cts.	.15
Celery	.12
Marmalade	.06
Raisins	.02
Omit fig dessert	.08
Coffee	.35
Serve fowl, Southern style, 75 cts., in place of turkey, $2.00	1.25
	$2.88
Total for month	$7.34

Hints for the Housekeeper

Always wipe meat and fish with a damp cloth, rather than wash under the faucet, which always extracts the juices.

To remove fat from hot stock, lay pieces of tissue paper on top of the stock, which will absorb the fat.

To remove fat from cold stock, take off in a cake of fat.

To clear soup stock, allow the white and shell of 1 egg to each quart of stock. Stir constantly until the boiling point is reached, let boil 5 minutes without stirring, add ½ cup cold water, let stand 5 minutes without boiling; then strain through cheese cloth placed over a fine strainer.

To clarify fat, cut up a pared raw potato and lay on top of the cold fat. Heat very slowly until the potato has browned, then strain through cheese cloth placed over a strainer.

Poultry should always be washed in cold water.

Cheese will keep moist by wrapping in a dampened cloth, and keeping in a cool place.

The whites of eggs will keep for a few days if put into a jar and covered. In turning out for the separating, each white will drop separate.

The Yolks of eggs will keep if stirred together, then put into a small bowl and covered.

Raisins and codfish may be cut using the scissors.

Lettuce is shredded better with the scissors.

Confectioner's sugar should be sifted before using, to remove any lumps.

Flour may be sifted in quantity ready for use.

Chafing Dish

Creole Oysters

Clean 1 pint oysters, cook until plump, drain, and reserve the liquor. Cook 3 tablespoons Hood's butter with 3 cloves, a bit of bay leaf, a slice each of carrot and onion and few grains celery salt. Remove seasonings, add 3 tablespoons flour, and pour on gradually ½ cup oyster liquor and 1 cup stewed and strained tomatoes. Reheat the oysters in the sauce, add salt, pepper, and serve with crackers.

Devilled Scallops

Clean 1 pint scallops, heat to boiling point, drain and reserve the liquor. Melt 3 tablespoons Hood's butter, add 2 tablespoons flour mixed with ½ teaspoon salt, ¼ teaspoon mustard and a few grains paprika. Pour on gradually the reserved liquor. When the sauce begins to thicken add the scallops. Serve with brown bread sandwiches.

Eggs with Tomato and Green Peppers

Remove seeds and veins from ½ green pepper. Scald 3 tomatoes. Remove the skins and cut in quarters. Cook pepper and tomatoes in 1 tablespoon Hood's butter until liquid is reduced and season with salt. Melt 2 tablespoons Hood's butter, pour in 3 eggs beaten until thick, and season with salt. Stir and cook until eggs become creamy. Serve the two dishes together.

Scotch Woodcock

Melt 1½ tablespoons Hood's butter, add 1½ tablespoons flour, and pour on gradually 1 cup Hood's milk; add ¼ teaspoon salt, few grains paprika and curry powder. Add 4 of Hood's eggs, hard boiled and finely chopped. Serve on toasted bread.

WHEN BROOKS SEND UP A CHEERFUL TUNE

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Stewed Mushrooms

Wash, peel, and break in pieces ½ pound mushrooms. Melt 2 tablespoons Hood's butter, add the mushrooms and a few drops onion juice. Cook 3 minutes, then add 1 cup Hood's light cream and cook 3 minutes more. Season with salt if necessary.

Creamed Cheese

Melt 1 tablespoon Hood's butter, add 2 teaspoons cornstarch mixed with a few grains each salt, paprika, and mustard; add ½ cup Hood's light cream and cook, using the hot pan under the blazer, until the sauce is thickened and well heated. Then add 2 cups Hood's full cream cheese cut in small pieces. Stir until the cheese is melted, and serve on crackers.

Lobster Stew

Scald 1 pint Hood's milk, add ⅓ cup finely cut lobster meat and cook 15 minutes. Season with salt and pepper, add 2 tablespoons Hood's butter, and just before serving ½ cup clam water.

Fricassee of Lobster and Mushrooms

Remove the meat from 1¼ pounds lobster and cut in pieces. Cook ¼ cup Hood's butter with ½ pound fresh mushrooms, broken in pieces, or ½ can, drained and rinsed, and few drops onion juice, 3 minutes. Add ¼ cup flour, and pour on gradually 1½ cups Hood's milk; add lobster and season with salt and pepper. When heated serve with puff paste or crackers.

Oysters and Cream

Scald 1 cup Hood's light cream and add 2 dozen oysters well drained, washed and cleaned. When the oysters are plump add 2 of Hood's egg yolks diluted with ¼ cup more cream. When heated season with salt and pepper and serve on toast.

Victoria Chicken

Cook 1 slice onion with 2 tablespoons Hood's butter until soft, add 2 tablespoons flour, when blended add ½ cup chicken stock and ½ cup tomato juice. When thickened add ¾ cup cooked fowl cut in cubes and ½ cup cooked and drained peas. When heated season with salt and paprika and serve on toast.

Lobster Creole

Chop fine 2 tablespoons each of tomato and green pepper and 1 slice onion and cook in 1 tablespoon Hood's butter until softened. Add ½ cup chicken stock and let simmer 3 minutes, add 1½ cups lobster meat cut in small pieces and salt if needed. Serve very hot.

McDonald Chicken

Melt 3 tablespoons Hood's butter, add 3 tablespoons flour and gradually 1½ cups Hood's milk; when thickened add 1 cup each of chicken and potato cut in small pieces and 6 pimolas. Season with salt and pepper.

A Perfect Milk is a Perfect Food

"As an article of diet in disease milk occupies a unique position. No single food, it may safely be said, is of so much value. . . . Being in a fluid form, it is easily swallowed. This is a great gain in the case of exhausted patients. For the same reason, the quantity given can be very simply regulated and measured. Its fluid form also enables it to be used as a substitute for other beverages, and a glass of milk with each meal is one of the simplest prescriptions for increasing the amount of nourishment a patient is taking. It is often recommended to people who require to be 'fed up.'

"ROBERT HUTCHINSON, M.D., Edin., F.R.C.P.,

"*Assistant Physician to the London Hospital and to the Hospital for Sick Children, Great Ormand Street.*"

Month of February

Cuts of Meat

Choose the beef which is firm to the touch, bright red in color, having a firm yellow fat, and the meat well streaked with fat, knowing that the larger proportion of fat the less proportion of water, and so the heavier beef. We would not order a cut used for roast or steaks if we wished to make croquettes, as for those one of the cheaper cuts would give good results. Yet there is just as much nourishment in the cheaper cuts as in the more expensive, provided we know how to properly cook and use them. Right through we find that the parts which have the most exercise have the tougher muscles, and so give us the less expensive cuts of meat, which are also not as tender. We find also that the exercise of the muscles causes the juices to flow freely, so that the tougher or more inexpensive cuts of meat often contain the most juice.

We find in the market that the beef creature is divided into 2 parts, each of which is known as a side of beef. Then each side is divided into fore and hind quarter, having 10 ribs in the forequarter and 3 in the hindquarter. In the hindquarter, beginning with the cut which separates it from the forequarter, we find first the tip of the sirloin, which makes a good roast. Then we find next the middle cut for roasts and steaks, and then the first cut. So right through the hindquarter is sold either for roasts or steaks. Let us look now at the hindquarter as a whole. In the hindquarter the bone is always curved, and in the forequarter the rib bone is straight. This curved bone has on the

under side, with no chance for the exercise of muscles, a very tender piece of meat, known as the tenderloin. On account of the lack of exercise of the muscles, the meat also is lacking in juice. The sirloin steak, including the tenderloin, is sold in some markets as the porterhouse. The fillet of beef is cut from the tenderloin. Steak to give good results should be cut from 1 to 1½ inches in thickness, and should be served rare. There is more loss by weight during broiling than by any other method of cooking. Rare beef contains more nourishment than that which is well cooked by either roasting or broiling. We should always wipe the meat with a dampened cloth rather than wash it under the faucet, as cold water extracts the juices of the meat; also for the same reason meat should always be removed from the paper as soon as delivered. Next comes the rump. We have here three cuts: the first, second and third, varying in price on account of the tenderness. The rump also has a small piece of tenderloin. The rump is used either for steaks or roasts; then we have the aitchbone, which is used either for roasts, stews or soups. Next comes the leg, which, again, is divided into three parts: the top and lower part of the round, and the vein. The second or third cut from the top of the round is preferred by many for steak, as it is tender, and also contains a great deal of juice. The top of the round has less exercise than the lower part, and so is more tender, and at the same time more expensive. We use the lower part of the round for a long, slow cooking, like soup or stew. Meat cooked and then served in the stock contains all of the nourishment of the meat.

Down on the leg the muscles increase, so the meat is not as tender. We also use the round steaks and the veins for the making of beef tea. The actual cost of beef juice extracted from these cuts is about 5 cents an ounce. Still lower down is the hind shin for soups and

soup stock. The lower and middle cuts together make a desirable cut for soup stock, and in making this we always allow 1 pint of cold water to 1 pound of meat. The flank is nearly always corned. In the forequarter, next to the tip of the sirloin, we find the ribs used for roasting. The first five make good roasts, beyond that they are not quite as tender, but, boned and rolled, would make a good pot roast, as it requires slower cooking. Then we find the brisket, used for corning, the thick end and the fancy brisket. The fancy brisket is told by the absence of bone and the outer selvage of meat. Then there is the neck, which is sold for stews and for mince-meat. There is left the tongue, which is boiled, the tripe from one of the stomachs, and the kidney.

Looking at the lamb and mutton, we find they are told by the pink color of the meat, which is firm to the touch, and a fat, white in color, which, if fresh, crumbles easily. We tell the difference between the lamb and the mutton by the bone. The bone in the mutton breaks at the ankle as a firm white knuckle, and in the lamb it breaks lower down as a pink serrated or divided bone. The bone in the lamb is always porous, filled with blood, and pink in color; in the mutton, the blood has receded, and the bone is white and firm. Poor lamb is told by the absence of fat. The lamb in the market is split through the backbone the entire length of the creature. Each side is divided into fore and hind quarter, having 8 ribs in the hindquarter and 5 in the forequarter. The eight ribs in the hindquarter are cut into chops. The meat which lies between the leg or the ribs is cut up and sold for either loin or kidney chops. The loin chop has a small piece of tenderloin on the underside of the bone. The leg is sold for roasting or boiling. The forequarter is sometimes roasted, but more often is sold for stews, or long, slow cooking. The chops in the forequarter are sold for broiling. Good mutton ranks with beef in nutritive value, lamb a little

less. All immature meat, like lamb, chicken, or veal, does not contain as much nourishment as the more matured meat, like mutton, fowl, and beef. In the forequarter of the veal is found the breast, shoulder, and neck, and in the hindquarter, the loin, leg, and knuckle. Because it is immature, veal does not keep long. All good meat may be spoiled by wrong cooking. In broiling and roasting the heat should be intense at first, to sear over the surface and prevent the escape of the juices; then it should be cooked more slowly or at a lower temperature, to cook the meat through to the centre. All meat should be simmered below the boiling point and never boiled rapidly, which hardens the fibres and destroys the juices. So with proper cooking may be obtained good serving with good results from the cheaper cuts of meat as well as the most expensive, and there is as much nourishment in one as in the other, provided we know how to properly cook and serve the different cuts of meat.

February 1

Breakfast

Wheat Cereal — Brown Bread
Milk Toast — Coffee

Luncheon or Supper

Spanish Omelet — Toasted Bread
Stewed Figs — Light Cream

Dinner

Cottage Pie — Stewed Tomatoes
Chocolate Bread Pudding

February 2

Breakfast

Wheat Cereal — Baked Beans
Corn Muffins — Coffee

Luncheon or Supper

Broiled Oysters — Luncheon Rolls
Orange Marmalade

Dinner

Cold Pot Roast With Gravy — Mashed Potatoes
Winter Spinach — Rice Pudding

February 3

Breakfast

Oat Cereal — Reheated Rolls
Potato Cakes — Coffee

Luncheon or Supper

Cream of Spinach Soup — Cheese Croutons
Banana and Lettuce Salad — French Dressing
Bread and Butter

Dinner

English Beef Soup — Steamed Rice
Maine Gingerbread

February 4

Breakfast

Oat Cereal — Rice Muffins
Orange Marmalade — Coffee

Luncheon or Supper

Potato Salad on Lettuce Leaves
Whipped Cream Dressing
Ginger Cakes — Cottage Cheese

Dinner

Fish Chowder — Banana Custard — Pickles

February 5

Breakfast

Oat Cereal — Creamed Codfish
Baked Potatoes — Coffee

Luncheon or Supper

Split Pea Soup — Crisp Crackers
Baked Bananas — Bread and Butter

Dinner

Fish Croquettes — Cheese Sauce
French Fried Potatoes — Cabbage and Nut Salad
Whipped Cream Dressing — Bread and Butter

February 6

Breakfast

Oat Cereal — Coffee
Oven Broiled Bacon — Baked Potatoes

Dinner or Luncheon

Casserole of Lamb Chops — Boiled Cabbage
Rice with Cheese
Baked Apples — Hot Biscuit

Dinner or Supper

Boston Baked Beans — Boston Brown Bread
Chili Sauce
Buttermilk Doughnuts — Apple Sauce

February 7

Breakfast

Reheated Beans — Reheated Brown Bread
Buttermilk Doughnuts — Coffee

Dinner

Roast Chicken with Oyster Stuffing
Boiled Onions — Rice and Cheese Balls
Orange Milk Sherbet

Tea

Toasted Bread — Cocoa — Orange Milk Sherbet

February 8

Breakfast

Wheat Cereal — Coffee
Reheated Beans — Toasted Brown Bread

Luncheon or Supper

Creamed Chicken on Toast
Buttermilk Doughnuts — Cottage Cheese

Dinner

Hot Corned Beef — Boiled Potatoes
Boiled Turnips — Parsnips
Orange Jelly with Nuts — Bread and Butter

February 9

Breakfast

Oat Cereal — Hashed Brown Potatoes
Corn Cake — Coffee

Luncheon or Supper

Turnip Cream Soup
Entire Wheat and Nut Biscuit — Orange Marmalade

Dinner

Corned Beef Croquettes — Tomato Sauce
Parsnip Cakes
Entire Wheat Nut Bread — Orange Tarts

February 10

Breakfast

Wheat Cereal — Scrambled Eggs with Tomato
Toasted entire Wheat Bread — Coffee

Luncheon or Supper

Emergency Soup — Irish Moss Blanc Mange

Dinner

Cream of Corn Soup — Corned Beef Hash
Pickled Beets — Jellied Prunes

February 11

Breakfast

Wheat Cereal — Coffee
Indian Griddle Cakes — Lemon Syrup

Luncheon or Supper

Macaroni with Cheese
Squash Biscuit — Stewed Prunes

Dinner

Fried Halibut — Quick Mayonnaise Dressing
Potato Croquettes — Cranberry Pie

February 12

Breakfast

Oat Cereal — Creamed Codfish
Toasted Squash Biscuit — Coffee

Luncheon or Supper

Potato Soup — Cheese Croutons
Peaches — Whipped Cream

Dinner

Smelts Baked in Cream
Shredded Fried Potatoes — Baldwin Pudding

February 13

Breakfast

Wheat Cereal — Baked Potatoes
Oven Broiled Bacon — Coffee

Luncheon or Dinner

Scalloped Oysters — Hot Biscuit
Orange Trifle

Dinner or Supper

Baked Beans — Steamed Graham Bread
Chili Sauce — Baked Custards

February 14

Breakfast

Fish Balls — Graham Bread
Coffee — Grapefruit

Dinner

Stuffed Leg of Lamb — Cracker Stuffing
Currant Jelly Sauce — Boiled Squash
Steamed Rice — Vanilla Ice Cream

Tea

Welsh Rarebit — Crackers

February 15

Breakfast

Oat Cereal — Rice Griddle Cakes — Coffee

Luncheon or Supper

Reheated Baked Beans — Toasted Brown Bread
White Nut Cakes — Baked Apples

Dinner

Sliced Cold Lamb — Peas Creamed
Mashed Potatoes — Reheated Gravy
Chocolate Charlotte

February 16

Breakfast

Oat Cereal — Fried Potato Cakes
Bread and Butter — Coffee

Luncheon or Supper

Baked Bean Cream Soup
Crisp Crackers — Boiled Dressing
Asparagus Salad — Bread and Butter

Dinner

Lamb and Pea Stew — Boiled Potatoes
Nut Cakes — Cottage Cheese

February 17

Breakfast

Oat Cereal — Creamed Potatoes
Graham Muffins — Coffee

Luncheon or Supper

Asparagus on Toast, with Melted Butter
Celery and Nut Salad — Crackers

Dinner

Roast Pork — Gravy — Boiled Potatoes
Boiled Onions — Rice Pudding

February 18

Breakfast

Oat Cereal — Hashed Brown Potatoes
Oven Broiled Bacon — Coffee

Luncheon or Supper

Sweet Potato Soup — Cheese Balls with Dressed Lettuce
Crisp Crackers

Dinner

Fricassee of Pork — Boiled Potatoes
Mashed Turnips — Tapioca Cream

February 19

Breakfast

Oat Cereal Creamed Potatoes
Corn Cake Coffee

Luncheon or Supper

Creole Oysters Toasted Bread
Sweet Milk Griddle Cakes Maple Syrup

Dinner

Baked Stuffed Halibut Mashed Potatoes
Delmonico Celery
Apple Dumplings Molasses Sauce

February 20

Breakfast

Oat Cereal Creamed Codfish
Reheated Baking Powder Biscuit Coffee

Dinner or Luncheon

Baked Cod with Tomato Sauce Fried Potato Cakes
Hot Fried Biscuit Maple Syrup

Dinner or Supper

Baked Kidney Beans Steamed Brown Bread with Raisins
Butter Cake Maple Frosting

February 21

Breakfast

Reheated Beans Reheated Brown Bread
Coffee Grapefruit

Dinner

Casserole of Chicken Potato Balls
Julienne Vegetables
Hot Indian Pudding Vanilla Ice Cream

Tea

Welsh Rarebit Crackers
Vanilla Ice Cream Chocolate Sauce

February 22

Breakfast

Wheat Cereal — Oven Broiled Bacon
Hashed Brown Potatoes — Coffee

Luncheon or Supper

Vegetable Salad — Cream Boiled Dressing
Brown and White Bread Sandwiches — Butter Cake

Dinner

Scotch Broth — Irish Moss Blanc Mange

February 23

Breakfast

Oat Cereal — Creamed Scrambled Eggs
Toasted Bread — Coffee

Luncheon or Supper

Baked Apples — Fruit Biscuit
Butter Cake — Cocoa

Dinner

Fricassee of Lamb — Boiled Potatoes
Steamed Graham Pudding — Foamy Sauce

February 24

Breakfast

Oat Cereal — Creamed Potatoes
Rye Muffins — Coffee

Luncheon or Supper

Lamb Barley Broth — Cheese Croutons
Apple Fritters — Currant Jelly Sauce

Dinner

Baked Fillets of Flounder — Shredded Potatoes
Cream Dressing — Mince Pie

February 25

Breakfast

Indian Meal Mush — Baked Apples
Toasted Bread — Coffee

Luncheon or Supper

Cream of Pea Soup — Crisp Crackers
Peaches and Cream — Ginger Drop Cakes

Dinner

Broiled Chicken — Steamed Rice
Boiled Onions
Cottage Cheese — Crackers

February 26

Breakfast

Fried Mush — Maple Syrup
Apple Sauce — Rice Muffins — Coffee

Luncheon or Supper

Salt Fish Hash — Butter Milk Rolls
Ginger Drop Cakes

Dinner

Fried Cod Steak — Butter Gravy
Boiled Potatoes — Pickles
Queen Pudding

February 27

Breakfast

Oat Cereal — Hashed Fish
Toasted Bread — Coffee

Dinner or Luncheon

Corn Chowder — Reheated Buttermilk Rolls
Ginger Drop Cakes — Tea

Dinner or Supper

Baked Beans — Brown Bread
Chili Sauce — Caramel Custards

February 28

Breakfast

Reheated Baked Beans — Corn Cake
Coffee — Oranges

Dinner

Roast Beef — Roast Potatoes — Yorkshire Pudding
Mashed Turnips — Milk Sherbet

Tea

Eggs, with Tomato Sauce (Chafing Dish)
Toasted Brown Bread

A Perfect Milk is a Perfect Food

"Do not try to raise cream on milk that has been stirred up when cold, and then complain to the milkman because there is no cream in the milk. Try warming it to blood heat before setting it away."

State Board of Agriculture, Nature Leaflet No. 40.

February 1

Wheat Cereal. Refer to November 2.

Brown Bread Milk Toast

Toast the brown bread, refer to November 2, and prepare as milk toast, refer to December 27.

Coffee. Refer to November 1.

Spanish Omelet

Prepare scrambled eggs, refer to November 4; when creamy spread evenly and brown on bottom. Prepare

Spanish Sauce

Refer to December 28. Spread the lower half of the omelet with the sauce, then fold and turn onto platter, and pour remaining sauce around omelet.

Toasted Bread. Refer to November 1.

Stewed Figs with Light Cream

Refer to November 17.

Cottage Pie

Put half of remaining pot roast through meat chopper and season with salt. Put a layer of left over mashed potatoes in baking dish, then cover with a layer of meat and repeat, having 3 layers of potato and 2 of meat. Reheat about 10 minutes in a hot oven.

Stewed Tomatoes. Refer to November 4.

Chocolate Bread Pudding. Refer to December 18.

February 2

Wheat Cereal. Refer to November 2.

Reheated Baked Beans. Refer to November 1.

Corn Muffins. Refer to December 16.

Coffee. Refer to November 1.

Broiled Oysters

Pick over and drain 1 pint oysters. Dip in Hood's butter, melted, then fine rolled cracker crumbs. Put in broiler and broil over a clear fire until the juices begin to flow, or put in a pan and broil under the gas flame.

Luncheon Rolls

Scald 2 cups Hood's milk, add 3 tablespoons each sugar and Hood's butter and 1 teaspoon salt. When lukewarm add 1 yeast cake dissolved in ¼ cup lukewarm water, and 3 cups flour. Beat well, and let rise until light, add about 3 cups more flour, and knead until light. Let rise until double in bulk, knead again, and shape ½ into a loaf of bread, and finish as bread, refer to November 1. Cut the other half into 24 pieces and shape as biscuit, refer to November 7. Then roll out with a small rolling pin or the handle of a wooden spoon. Butter the upper and lower edges with Hood's butter, melted. Fold the roll through the middle, press the buttered edges together, let rise again, and bake about 12 minutes, on an inverted pan, in a hot oven.

Orange Marmalade. Prepared January 22.

Cold Pot Roast. Refer to cold lamb, January 11.

Mashed Potatoes. Refer to November 1.

Winter Spinach

Pick over, discarding the wilted leaves, and cut the roots from ½ peck spinach. Wash in several waters, until the last water is clear. Drain, put in a kettle, without any water, and cook uncovered about 25 minutes, or until tender, stirring occasionally. Drain, season

with salt, and cut in small pieces, using a knife and fork. Add 2 tablespoons Hood's butter.

Rice Pudding

Refer to December 14.

February 3

Oat Cereal. Refer to November 4.

Reheated Rolls

Refer to baking powder biscuit, November 12.

Potato Cakes. Refer to November 2.

Coffee. Refer to November 1.

Cream of Spinach Soup

Use 1 cup left over spinach, finely chopped, and proceed as for turnip cream soup, refer to November 12. Strain before serving.

Cheese Croutons

Prepare croutons of bread, refer to November 12, and sprinkle with Hood's full cream cheese, after browning, and put in hot oven to melt the cheese.

Banana and Lettuce Salad

Shred ½ head lettuce, slice 4 bananas, lay on the lettuce, and pour over a

French Dressing. Refer to November 7.

English Beef Soup. Refer to December 29.

Steamed Rice. Refer to November 4.

Maine Gingerbread. Refer to November 3.

February 4

Oat Cereal. Refer to November 4.

Rice Muffins

Add ¾ cup rice to flour in white muffins, refer to November 17, and proceed as for white muffins.

Orange Marmalade. Prepared January 22.

Coffee. Refer to November 1.

Potato Salad

Cut 6 cold boiled potatoes in small cubes, season with salt and onion juice, and moisten with salad dressing. Mound on lettuce leaves.

Whipped Cream Dressing

Mix 1 teaspoon each salt, sugar, 2 teaspoons flour, ½ teaspoon mustard and a few grains paprika; add the yolk of 1 of Hood's eggs and ⅓ cup vinegar. Cook over hot water until thickened. Then add the white of the egg beaten stiff; cool, and fold in ½ cup Hood's medium cream beaten thick. Use ½ recipe for a serving.

Ginger Cakes. Prepared February 3.

Fish Chowder. Refer to December 4.

Banana Custard. Refer to orange custard, January 12.

February 5

Oat Cereal. Refer to November 4.

Creamed Codfish. Refer to November 6.

Baked Potatoes. Refer to November 3.

Coffee. Refer to November 1.

Split Pea Soup

Soak 1 cup split peas over night in cold water to cover. In the morning drain, add 1 quart cold water, and cook until soft; add more water if necessary to keep the peas covered. Cook 3 slices salt pork and 1 slice onion together until browned; add to the peas and cook together about 10 minutes. Then rub through a sieve, and add 1 quart Hood's milk. Melt 4 tablespoons Hood's butter, add 3 tablespoons flour, and gradually the liquid; there should be about 3 pints. Stir until thickened, and season with salt and pepper.

Crisp Crackers. Refer to December 23.

Baked Bananas. Refer to January 30.

Fish Croquettes. Refer to December 19.

Cheese Sauce

Just before serving add ¾ cup Hood's full cream cheese, grated, to 1 cup white sauce, refer to November 6. Stir until the cheese is melted, and season with salt and paprika.

French Fried Potatoes. Refer to January 5.

Cabbage and Nut Salad

Prepare ½ cabbage as for cabbage salad, refer to November 7. When ready to serve, add ½ cup walnut meats broken in pieces, and moisten with ½ recipe whipped cream or other dressing.

Whipped Cream Dressing. Prepared February 4.

February 6

Oat Cereal. Refer to November 4.

Oven Broiled Bacon. Refer to December 3.

Baked Potatoes. Refer to November 4.

Coffee. Refer to Novembr 1.

Casserole of Lamb Chops

Pan broil 3 minutes 1½ pounds chops cut from the forequarter. Put in casserole or heavy baking dish. Season with salt, dredge with flour, cover with cold water. Put a cover on the dish, and cook about 1½ hours in a moderate oven.

Rice with Cheese

Refer to December 4.

Boiled Cabbage

Cut ½ cabbage in 2 pieces, soak about 1 hour in cold water. Cut out the core, and boil in an uncovered saucepan in boiling salted water about 1½ hours, or until soft. Drain, put in serving dish, season with salt, and add 2 tablespoons Hood's butter.

Baked Apples. Refer to November 1.

Hot Biscuit. Refer to November 7.

Boston Baked Beans. Refer to November 7.

Boston Brown Bread. Refer to November 7.

Buttermilk Doughnuts

Put 4 cups pastry flour in a shallow bowl. Sift in 1½ teaspoons each soda and cream tartar, ½ teaspoon cinnamon, and 1 teaspoon salt; add 1 cup sugar; add 1 egg, unbeaten, 1 cup Hood's buttermilk, better thick. Mix well, and proceed as for doughnuts. Refer to November 15.

Apple Sauce

Refer to December 12.

February 7

Reheated Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Buttermilk Doughnuts. Prepared February 6.

Coffee. Refer to November 1.

Roast Chicken. Refer to November 8.

Oyster Stuffing

Mix 1 cup soft bread crumbs, ¼ cup Hood's butter melted in ¼ cup hot water, ¼ teaspoon salt, ½ teaspoon poultry seasoning, and ½ pint oysters, drained, and the tough muscle removed.

Rice and Cheese Balls

Shape the left over rice into balls, allowing 1 rounding tablespoon for each ball. Press firmly, and put in pan with roast chicken the last 15 minutes of cooking the chicken. Baste every 5 minutes with the fat in the pan. Serve in place of potato.

Boiled Onions. Refer to November 8.

Orange Milk Sherbet

Use 1 cup sugar and 4 oranges in place of lemons in milk sherbet; refer to November 8.

Toasted Bread. Refer to November 1.

Cocoa. Refer to December 13.

February 8

Wheat Cereal. Refer to November 2.

Reheated Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

Coffee. Refer to November 1.

Creamed Chicked on Toast

Prepare once and half the recipe for white sauce, refer to November 6; add the left over chicken cut in small pieces. Reheat, season with salt, paprika, and celery salt, and serve on toasted bread; refer to November 1.

Buttermilk Doughnuts. Prepared February 6.

Hot Corned Beef

Order 5 pounds, cut from the thick end of the brisket, and lightly corned. Wipe, put in kettle, cover with cold water, bring to the boiling point, boil 5 minutes, and simmer below the boiling point 4 or 5 hours, or until the meat is tender. Cook the vegetables with the meat.

Boiled Potatoes. Refer to November 3.

Boiled Turnips. Refer to November 6.

Boiled Parsnips. Refer to January 4.

Orange Jelly with Nuts

Before moulding add ½ cup of walnut meats to orange jelly, refer to December 7.

February 9

Oat Cereal. Refer to November 4.

Hashed Brown Potatoes. Refer to December 24.

Corn Cake. Refer to December 1.

Coffee. Refer to November 1.

Turnip Cream Soup. Refer to November 12.

Entire Wheat and Nut Biscuit

Add 1 cup walnut meats with the flour, and proceed as for entire wheat bread, refer to January 9.

Orange Marmalade. Refer to January 22.

Corned Beef Croquettes

Season meat with mustard, moisten with vinegar, and proceed as for lamb croquettes. Refer to January 12.

Tomato Sauce. Refer to December 12.

Parsnip Cakes. Refer to January 25.

Entire Wheat Nut Bread. Refer to biscuit.

Orange Tarts

Prepare tarts, refer to December 26, and when ready to serve fill with the following cream: Mix ½ cup sugar, ¼ cup flour, grated rind ½ orange, juice of 1 orange, 1 egg slightly beaten. Cook in the double boiler 10 minutes, and cool.

February 10

Wheat Cereal. Refer to November 2.

Scambled Eggs with Tomato

Refer to November 3.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Emergency Soup. Refer to November 5.

Irish Moss Blanc Mange

Scald 2 cups Hood's milk; add ¼ cup Irish moss which has been soaked 10 minutes in cold water to cover

and then drained. Cook 25 minutes, strain, add 1 teaspoon vanilla and few grains salt. Turn into moulds and cool. Remove from the moulds, and serve with sugar and Hood's light cream.

Cream of Corn Soup

Cook 1 can corn 15 minutes in 2 cups water. Strain and press through a sieve. Scald 1 pint Hood's milk with 1 slice onion, then remove the onion. Melt 3 tablespoons Hood's butter, add 3 tablespoons flour, and gradually the corn mixture; then add the milk gradually, stir until thickened, but avoid boiling. Season with salt and pepper, and strain again.

Corned Beef Hash

Chop together the remaining corned beef and an equal amount of cold boiled potatoes. Add 1 small onion cut fine, moisten with Hood's milk, and season with salt. Melt 2 tablespoons Hood's butter in a frying pan, turn in the hash, spread evenly and cook very slowly about ¾ of an hour, browning underneath. Fold and turn onto a hot platter.

Pickled Beets. Refer to January 23.

Jellied Prunes. Refer to December 5.

February 11

Wheat Cereal. Refer to November 2.

Indian Griddle Cakes. Refer to January 23.

Lemon Syrup. Refer to January 1.

Coffee. Refer to November 1.

Macaroni with Cheese. Refer to December 9.

Squash Biscuit

Add ½ cup cooked squash, 3 tablespoons each sugar and Hood's butter, and ½ teaspoon salt to ½ cup scalded milk. When lukewarm add 1 yeast cake dissolved in ¼ cup lukewarm water and 2⅓ cups flour. Cover, let rise until double in bulk, shape as biscuits, let rise, and bake. Will make 2 dozen.

Stewed Prunes

Refer to December 4.

Fried Halibut

Cut 1 pound of halibut into fillets, and lay on a plate. Mix the juice of ½ lemon, 2 tablespoons oil, ¼ teaspoon salt and pour over the fish; let stand an hour, then drain, roll in corn meal, and fry in deep fat. Serve with

Quick Mayonnaise Dressing

Refer to December 8.

Potato Croquettes

Refer to December 7.

Cranberry Pie

Mix 1¼ cups of sugar with 1 tablespoon cornstarch, and add to 1 pint of cranberries which have been picked over, washed, and chopped; add ⅓ cup hot water, and cook until thickened; then fill into a plate lined with pastry, refer to November 9. Cover with a lattice of pastry strips, and bake about ½ hour in a moderate oven.

February 12

Oat Cereal. Refer to November 4.

Creamed Codfish. Refer to November 6.

Toasted Squash Biscuit

Split the left-over squash biscuit, butter, and brown on the cut side in a hot oven.

Coffee. Refer to November 1.

Potato Soup. Refer to January 16.

Cheese Croutons. Refer to February 3.

Peaches Canned. Refer to November 18.

Whipped Cream

Refer to November 4 using ½ cup Hood's medium cream.

Smelts Baked in Cream

Bone 1 ½ pounds smelts, dip in Hood's light cream, then in flour; season with salt. Place in buttered pan and bake about 10 minutes in a hot oven. Serve on a bed of

Shredded Potatoes

Pare and slice potatoes in ⅛ inch slices, then cut in ⅛ inch strips. Soak about 1 hour in water, drain, dry between towels and fry in deep fat. Drain on brown paper, and season with salt.

February 13

Wheat Cereal. Refer to November 2.

Baked Potatoes. Refer to November 4.

Oven Broiled Bacon. Refer to December 3.

Coffee. Refer to November 1.

Scalloped Oysters. Refer to December 11.

Hot Biscuit. Refer to November 7.

Orange Trifle

Refer to fruit trifle, December 9.

Baked Beans. Refer to November 7.

Steamed Graham Bread. Refer to January 2.

Baked Custards. Refer to November 7.

February 14

Fish Balls. Refer to November 8.

Reheated Graham Bread. Refer to November 1.

Coffee. Refer to November 1.

Grapefruit. Refer to January 3.

Stuffed Leg of Lamb

Order a 5 pound short leg of lamb, with the bone removed. Stuff, and fasten and proceed as for roast lamb, refer to November 22.

Cracker Stuffing

Mix 1 cup rolled cracker crumbs, ¼ cup Hood's butter, melted, ¼ teaspoon salt, 1 teaspoon poultry seasoning, and ¼ cup boiling water.

Currant Jelly Sauce

Add ⅓ cup currant jelly which has been beaten with a silver fork until soft to 1½ cups gravy, refer to November 8.

Steamed Rice. Refer to November 4.

Boiled Squash. Refer to November 12.

Vanilla Ice Cream. Refer to November 1.

Welsh Rarebit. Refer to November 8.

February 15

Oat Cereal. Refer to November 4.

Rice Griddle Cakes. Refer to November 5.

Coffee. Refer to November 1.

Reheated Baked Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

White Nut Cake

Cream ¼ cup Hood's butter, add ¾ cup sugar and the whites of two of Hood's eggs beaten stiff; mix and sift 1 cup flour with 1¼ teaspoons baking powder, and add alternately with ⅜ cup Hood's milk to the first mixture; add ½ cup nut meats, cut in small pieces, and ½ teaspoon vanilla. Bake in 1 dozen small tins 15 to 20 minutes.

Baked Apples. Refer to November 1.

Sliced Cold Lamb. Prepared February 14.

Peas Creamed

Drain and rinse 1 can peas. Reheat ½ can peas in 1 cup white sauce, refer to November 6.

Mashed Potatoes. Refer to November 1

Reheated Gravy. Prepared February 14.

Chocolate Charlotte

Melt 1 square Baker's chocolate; add ¼ cup powdered sugar and gradually ½ cup Hood's light cream,

remaining after the cream is whipped. Cook until smooth; then add ½ tablespoon granulated gelatin softened in 2 tablespoons cold water; then add ⅓ cup more sugar and ½ tablespoon vanilla. Strain and cool; when the mixture begins to thicken add the whip from 2½ cups Hood's light cream. Mould and chill.

February 16

Oat Cereal. Refer to November 4.

Fried Potato Cakes. Refer to November 2.

Coffee. Refer to November 1.

Baked Bean Cream Soup. Refer to December 7.

Crisp Crackers. Refer to December 23.

Boiled Dressing. Refer to November 2.

Asparagus Salad

Drain and rinse with cold water 1 can of "Oneida Community" asparagus. Season ½ of the asparagus with salt. Mound on lettuce leaves, and cover with ½ recipe boiled dressing.

Lamb and Pea Stew

Cut the remaining roast lamb into small pieces, dredge with flour, season with salt, add any remaining gravy, and cover with cold water. Simmer about 2 hours; add ½ can of peas, drained and rinsed. Thicken with flour diluted with cold water to pour, and cook 10 minutes longer.

Boiled Potatoes. Refer to November 3.

Nut Cakes. Prepared February 15.

February 17

Oat Cereal. Refer to November 4.

Creamed Potatoes. Refer to November 4.

Graham Muffins. Refer to November 3.

Coffee. Refer to November 1.

Asparagus on Toast

Reheat ½ can "Oneida Community" asparagus, which has been drained and rinsed, in boiling water to cover. Drain, season with salt, arrange on slices of toasted bread, and pour over 2 tablespoons Hood's butter, melted.

Celery and Nut Salad

Wash, and cut into small pieces the tender part of ½ bunch of celery. Shred ½ head of lettuce and arrange on salad dish. Then lay on the lettuce the prepared celery, seasoned with salt. Cover with ½ the recipe boiled dressing, and garnish with ½ cup walnut meats broken in pieces.

Roast Pork

Order a sparerib of pork weighing about 4 pounds, wipe, sprinkle with salt, dredge with flour, and roast between 3 and 4 hours, basting with the fat in the pan.

Gravy. Refer to November 8.

Boiled Potatoes. Refer to November 3.

Boiled Onions. Refer to November 8.

Rice Pudding. Refer to December 14.

February 18

Oat Cereal. Refer to November 4.

Hashed Brown Potatoes. Refer to December 24.

Oven Broiled Bacon. Refer to December 3.

Coffee. Refer to November 1.

Sweet Potato Soup

Use sweet potatoes in place of white potatoes, refer to January 16.

Cheese Balls with Dressed Lettuce

Shape 1 of Hood's cottage cheeses into small balls, arrange on shredded lettuce, and pour over a French dressing, refer to November 7.

Crisp Crackers. Refer to December 23.

Fricassee of Pork

Cut the remaining pork from the bones, and into small pieces. Brown 3 tablespoons pork fat, add 4 tablespoons flour and brown, and add gradually 2 cups hot water. Stir until thickened, then add the pieces of pork; season with salt, and cook slowly ½ hour.

Boiled Potatoes. Refer to November 3.

Mashed Turnips. Refer to November 6.

Tapioca Cream. Refer to December 19.

February 19

Oat Cereal. Refer to November 4.

Creamed Potatoes. Refer to November 4.

Corn Cake. Refer to December 1.

Coffee. Refer to November 1.

Creole Oysters

Pick over 1 pint oysters, cook until plump, drain, and reserve the liquor. Cook 3 tablespoons Hood's butter with 3 cloves, a bit of bay leaf, and a slice of onion, 2 minutes. Remove the seasonings, add 3 tablespoons flour and gradually ½ cup oyster liquor, and 1 cup canned tomatoes. Reheat the oysters in the sauce, add salt, pepper and serve with toasted bread.

Sweet Milk Griddle Cakes. Refer to January 1.

Baked Stuffed Halibut

Remove the skin and bone from 1¼ pounds halibut, to make 2 fillets. Lay 1 fillet in pan on strips of salt pork; cover with a dressing prepared by melting 3 tablespoons Hood's butter and adding ¾ cup rolled cracker crumbs, salt, pepper and a few drops onion juice. Then lay on the dressing the other fillet of halibut. Season with salt and bake about 40 minutes in a moderate oven.

Mashed Potatoes. Refer to November 1.

Delmonico Celery

Prepare as Delmonico potatoes, refer to January 7, using celery in place of potatoes.

Apple Dumplings. Refer to November 4.

Molasses Sauce. Refer to December 30.

February 20

Oat Cereal. Refer to November 4.

Creamed Codfish. Refer to November 6.

Reheated Baking Powder Biscuit

Refer to November 12.

Coffee

Refer to November 1.

Baked Cod with Tomato Sauce

Prepare tomato sauce, refer to December 12. Lay in a baking pan, on 2 strips of wet cheese cloth, 2 slices of cod steak, weighing 1½ pounds. Pour over the fish ½ the tomato sauce, season with salt and bake about ½ hour in a hot oven. Remove to platter and serve with remaining sauce poured around the fish.

Fried Potato Cakes. Refer to November 2.

Hot Fried Biscuit. Refer to January 12.

Baked Kidney Beans. Refer to December 26.

Steamed Brown Bread with Raisins

Refer to January 23.

Butter Cake

In preparing use the yolks of 2 of Hood's eggs and 1 whole egg. Refer to November 11.

Maple Frosting

Boil ¾ cup maple syrup to the thread degree and use with the whites of 2 of Hood's eggs. Proceed as for boiled frosting, refer to January 8.

February 21

Reheated Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Grapefruit. Refer to January 3.

Casserole of Chicken

Cut a 2½ pound broiler or young chicken into pieces for serving, and fry in Hood's butter with 1 small onion. Put in casserole with 1½ cups water. Cover and cook ¾ of an hour, or until nearly tender, then add 1½ dozen potato balls, parboiled 5 minutes, and let cook 10 minutes more.

Potato Balls

Refer to January 17. Boil the remaining potatoes after cutting in pieces of uniform size.

Julienne Vegetables

Cut 1 carrot and 1 small turnip into ⅛ inch slices, then in ⅛ inch strips. Cook in casserole with the chicken, after parboiling 5 minutes in boiling salted water.

Hot Indian Pudding

Refer to November 5 and serve with ½ the recipe vanilla ice cream, refer to November 1.

Welsh Rarebit. Refer to November 8.

Vanilla Ice Cream with Chocolate Sauce

Refer to November 1.

February 22

Wheat Cereal. Refer to November 2.

Oven Broiled Bacon. Refer to December 3.

Hashed Brown Potatoes. Refer to December 24.

Vegetable Salad

Use left over vegetables in preparing the salad. Add 1 cup cold boiled potatoes to left over baked kidney beans, season with salt and onion juice. Moisten with ½ recipe dressing and mound on a salad dish.

Cream Boiled Dressing

Mix ½ tablespoon each salt, sugar, 1 tablespoon flour, ¼ teaspoon mustard, and a few grains paprika, add the yolks of 2 of Hood's eggs unbeaten and 1 cup Hood's light cream. Cook until slightly thickened, then add 2 tablespoons vinegar gradually and continue thickening. Add the white of 1 of Hood's eggs beaten stiff and cook 1 minute.

Brown and White Bread Sandwiches

Prepare sandwiches as bread and butter sandwiches, refer to December 25, using 1 slice each of brown and white bread.

Butter Cake. Prepared February 20.

Scotch Broth. Refer to Novmber 11.

Irish Moss Blanc Mange

Refer to February 10.

February 23

Oat Cereal. Refer to November 4.

Creamed Scrambled Eggs. Refer to December 2.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Baked Apples. Refer to November 1.

Fruit Biscuit

Roll out ¼ of the dough prepared for bread. Spread with Hood's butter melted and sprinkle with cut raisins. Roll up like a jelly roll. Cut in 12 pieces. Place cut side up on an inverted buttered pan. Let rise again and bake about 25 minutes in a moderate oven.

Butter Cake. Prepared February 20.

Cocoa. Refer to December 13.

Fricassee of Lamb. Refer to November 12.

Boiled Potatoes. Refer to November 3.

Steamed Graham Pudding

Use graham flour in place of white flour and proceed as for steamed fruit pudding, refer to November 20.

Foamy Sauce

Beat the white of 1 of Hood's eggs stiff, add ¼ cup powdered sugar and continue beating, then add ¾ cup Hood's milk, scalded, and ½ teaspoon vanilla.

February 24

Oat Cereal. Refer to November 4.

Creamed Potatoes. Refer to November 4.

Rye Muffins. Refer to November 7.

Coffee. Refer to November 1.

Lamb Barley Broth

Soak ¼ cup barley over night in 1 quart cold water. Cook in the same water until soft, adding the last half hour of cooking the stock left from the fricassee of lamb. Season with salt.

Cheese Croutons

Refer to February 3.

Apple Fritters

Use apples in place of bananas, refer to banana fritters, November 6.

Currant Jelly Sauce. Refer to November 6.

Baked Fillets of Flounder

Order 2 pounds flounder, skinned and boned. Wipe and let stand in 2 tablespoons each oil and vinegar 1 hour. Drain, season with salt and spread on ½ each fillet mashed potato, refer to November 1. Fold the other half over it. Put in a baking dish, add ½ cup Hood's milk and bake about 15 minutes in a hot oven. Serve with mashed potatoes and

Cream Dressing. Prepared February 22.

Mince Pie. Refer to November 26.

February 25

Indian Meal Mush

Add 1½ cups cold water to 1 cup granulated corn meal and 1 teaspoon salt. Stir into 2 cups Hood's milk, scalded, and cook 3 hours in the double boiler, preparing the day before serving and then reheating for breakfast. Pack the left over cereal into a buttered mould, like a pound baking powder box, cover and keep in a cool place.

Baked Apples. Refer to November 1.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Cream of Pea Soup

Use 1 can peas in place of corn, refer to cream of corn soup, February 10.

Crisp Crackers. Refer to December 23.

Peaches and Cream. Refer to November 18.

Ginger Drop Cakes

Melt ⅓ cup Hood's butter in ⅓ cup boiling water, add 1 cup molasses, mix and sift 2½ cups flour with 1½ teaspoons each soda and ginger and ¼ teaspoon salt. Add to the first mixture, beat well, and add enough more flour, if necessary, to make a batter stiff enough to drop slowly from the spoon. Drop from a tablespoon onto a buttered inverted baking pan and bake in a slow oven.

Broiled Chicken. Refer to January 14.

Steamed Rice. Refer to November 4.

February 26

Fried Mush

Remove the left over mush from the mould. Cut in ½ inch slices, roll in flour and brown on both sides in a smoking hot frying pan, using Hood's butter.

Apple Sauce. Refer to December 12.

Rice Muffins. Refer to February 4.

Coffee. Refer to November 1.

Salt Fish Hash

Omit the egg from fish balls, refer to November 8. Fry until brown 3 slices salt pork, and proceed as for cooking corned beef hash, refer to February 10.

Buttermilk Rolls

Add 1 teaspoon soda dissolved in 1 tablespoon hot water to 1 cup Hood's buttermilk. Add 2½ cups flour with ½ teaspoon salt. Beat until light, then bake about 25 minutes in iron gem pans. Makes 2 dozen.

Ginger Drop Cakes. Prepared February 25.

Fried Cod Steak

Wipe 1½ pounds cod steak cut in ½ inch slices. Season with salt, roll in corn meal and fry slowly in pork fat until the fish is dry and well browned on both sides.

Butter Gravy. Refer to November 3.

Boiled Potatoes. Refer to November 3.

Queen Pudding. Refer to November 6.

February 27

Oat Cereal. Refer to November 4.

Hashed Fish. Refer to November 14.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Corn Chowder. Refer to December 11.

Reheated Buttermilk Rolls

Refer to reheated baking powder biscuit, November 12.

Ginger Drop Cakes. Prepared February 25.

Tea. Refer to November 1.

Baked Beans. Refer to November 7.

Brown Bread. Refer to November 7.

Caramel Custards

Caramelize ½ cup sugar, refer to caramel ice cream, December 6, add to scalded milk in baked custards and prepare as custards, refer to November 7.

February 28

Reheated Baked Beans. Refer to November 1.

Corn Cake. Refer to December 1.

Coffee. Refer to November 1.

Roast Beef

Order 4 pounds beef cut from the face of the rump and proceed as for roast lamb, refer to November 22.

Roast Potatoes. Refer to November 22.

Yorkshire Pudding

Beat 2 of Hood's eggs until thick, add ¼ teaspoon salt, 1 cup flour, 1 cup Hood's milk, and beat with the egg beater until perfectly smooth. One half hour before the meat has finished cooking, put the roast beef fat in a cake tin to cover the bottom of the tin. Turn in the mixture; it requires a pan to have the pudding ½ inch in thickness. Bake about 25 minutes in a hot oven, basting with the roast beef fat. Cut into squares for serving.

Mashed Turnips. Refer to November 6.

Milk Sherbet. Refer to November 8.

Eggs with Tomato Sauce (chafing dish)

Melt 1 tablespoon Hood's butter, add 1 cup canned tomatoes, using the thick part, and ½ onion cut fine. Cook until the onion is soft and the tomato is thick. Season with salt, turn into bowl and cover. Prepare

scrambled eggs, refer to November 4, and serve the 2 dishes together.

Toasted Brown Bread. Refer to November 2.

A Perfect Milk is a Perfect Food

"Butter is produced from cream by churning. This causes all the fat globules in the cream to run together into a solid mass, while the fluid part, containing almost all the sugar and most of the casein, remains in the form of buttermilk. The flavor and aroma of butter are due to the growth of organisms in the cream during ripening. . . . The most striking chemical characteristic of butter fat is its richness in those fatty acids (butyric, caproic, capric and caprylic) which are soluble in water. Of these it contains about 7 per cent. Butyric acid, indeed, may be said to be the hall-mark of butter, from which it derives its name. Of the insoluble fatty acids present olein is the most abundant. Butter fat contains 40 per cent olein. This means that it has a low melting-point (31–31° C.), and that in its turn implies, for reasons we have already discussed, that it is easily digested and absorbed. As a matter of fact, butter is the most easily digested of fatty acids. The fat of the human body has also a large proportion of olein, and melts at an even lower temperature than butter (25° C.). The fact that butter fat approximates so closely to it in its proportion of olein may perhaps help to explain the great value of butter as a food.

"The ease with which butter is digested renders it of great value as a source of fat in the diet of sickness. In phthisis, diabetes and many forms of dyspepsia patients can take one-fourth pound of it a day without difficulty, and with great advantage to their nutrition. Cooked butter, on the other hand, is much more apt to disagree, probably owing to the liberation of fatty acids in it by the heat employed in cooking. The absorption of butter in the intestine is very complete, even when one-fourth pound of it is taken per day, less than .5 per cent is wasted. This is a more favorable result than would be obtained with any other form of fat, and should teach us that it may be well to give butter a fair trial before having recourse to cod liver oil or other medicinal fatty preparations.

"ROBERT HUTCHINSON, M.D., Edin., F.R.C.P.,

"*Assistant Physician to the London Hospital and to the Hospital for Sick Children, Great Ormand Street.*"

Cost of Living for February

February 1-8

2½ lbs. butter	$0.98
13 quarts milk at 9 cts.	1.17
7 jars light cream at 7 cts.	.49
1 doz. eggs	.45
1 jar medium cream	.10
1 cottage cheese	.05
½ lb. cheese	.11
Cereal	.08
Coffee at 35 cts. lb.	.28
½ lb. figs	.08
⅔ of the pot roast	.40
Tomatoes	.03
Chocolate	.03
1½ pts. oysters	.30
Marmalade	.08
½ pk. spinach	.15
Rice	.08
Lettuce	.08
Bananas, 1 doz.	.20
Oil	.05
Molasses and vinegar	.04
Graham and Indian meal	.04
3 yeast cakes	.06
½ lb. lower round	.08
Flour	.20
Sugar	.18
Vegetables	.05
Spices and salt	.02
4 lbs. haddock	.28
Pickles	.04
Codfish	.02
Split peas	.03
Crackers, 1 lb.	.10
Lard	.05
Nut meats	.10
Cabbage, 3 lbs.	.09
¼ lb. bacon	.04
1½ lbs. forequarter chops	.18
Apples	.05
Buttermilk, 1 pt.	.04
½ of 4 lb. chicken, 72 cts.	.36
3 oranges	.07
Cocoa	.02
Potatoes	.10
Total	$7.43

February 8-15

12 qts. milk at 9 cts.	$1.08
9 half pint jars light cream	.63
1 doz. eggs	.45
2½ lbs. butter at 39 cts.	.98
Jar medium cream	.10
½ lb. cheese	.11
Cottage cheese	.05
Coffee	.28
Cereal	.08
½ chicken	.36
4 lbs. thick end brisket at 16 cts.	.64
Corn and graham meal	.04
Vegetables	.10
Nut meats	.10
8 oranges	.18
3 yeast cakes	.06
Orange marmalade	.04
Lard	.05
Tomatoes	.03
Flour	.20
Sugar	.18
Irish moss	.01
Can of corn	.15
2 grapefruit	.15
Ice and salt	.07
1 lb. prunes	.12
Gelatin and 1 lemon	.06
Macaroni	.03
Squash, 3 lbs.	.09
1 lb. halibut	.25
Oil	.07
1 pt. cranberries	.06
Codfish	.05
Peaches, 1 pt.	.10
Currant jelly	.03
Apples	.05
Potatoes	.10
Spices and salt	.02
1½ lbs. smelts	.23
¼ lb. bacon	.04
1 pt. oysters	.20
⅓ of a 5 lb. leg lamb, 90 cts.	.30
Beans	.08
Chili sauce	.04
Total	$8.04

February 15-22

2½ lbs. butter	$0.98
12 qts. milk	1.08
11 half pt. jars light cream	.77
1 doz. eggs	.45
2 cottage cheeses	.10
½ lb. cheese	.11
Coffee at 35 cts. a lb.	.28
Apples	.05
Potatoes	.10
Cereal	.06
⅔ of roast lamb	.60
Can peas	.15
Chocolate	.04
Gelatin	.02
Nut meats	.10
Crackers	.05
Can asparagus, "Oneida Community"	.35
Lettuce	.08
Corn and graham meal	.03
2 yeast cakes	.04
Celery	.12
4 lbs. roast pork	.60
Vegetables	.05
Rice	.01
¼ lb. bacon	.04
Spices and salt	.02
Tapioca	.01
Sugar	.18
Flour	.20
Baking powder	.02
Pint oysters	.20
Tomatoes	.01
Ice and salt	.04
Maple syrup	.08
1¼ lbs. halibut	.25
Codfish	.02
1½ lbs. cod steak	.21
1 qt. beans	.10
Oil	.05
Raisins	.01
2 grapefruit	.15
2½ lb. broiler	.58
Total for week	$8.39

February 22-28

2½ lbs. butter	$0.98
8 jars light cream	.56
12 quarts milk	1.08
1½ doz. eggs at 45 cts.	.68
½ lb. full cream cheese	.11
Cottage cheese	.05
Coffee at 35 cts. a lb.	.28
Flour	.20
Sugar	.18
Spices and salt	.02
Cereal	.05
Baking powder	.02
Potatoes	.10
Bacon	.04
4 lbs. forequarter lamb	.40
Sea moss	.01
Vanilla	.04
2 yeast cakes	.04
Apples	.10
Raisins	.02
Cocoa	.02
Rye and Indian meal	.05
Barley	.01
Currant jelly	.05
2 lbs. flounder	.30
Mince meat	.05
Lard	.05
2 lb. broiler	.46
Crackers	.10
Can peas	.15
Rice	.03
Maple syrup	.05
Salt fish	.03
Pt. buttermilk	.04
Molasses and vinegar	.04
1½ lbs. cod steak	.21
Can corn	.12
Tea	.01
Beans and salt pork	.12
Chili sauce and pickles	.08
4 oranges	.09
⅓ roast beef, 60 cts.	.20
3 lemons	.07
Ice and salt	.05
Tomato	.02
Total for week	$7.36
Total for month	$31.22

Lowering the Cost

February 1-8

Omit 7 jars light cream	$0.49
Medium cream	.10
Chocolate	.03
Nut meats	.10
Pickles	.04
Omit bananas and oranges, 27 cts., use apples, 3 cts.	.24
Serve scalloped potato, 6 cts., in place of broiled oysters, 23 cts.	.17
	$1.17

February 8-15

7 jars light cream	$0.49
Coffee	.28
Omit medium cream	.10
Nut meats	.10
Currant jelly	.03
Chili sauce	.04
Use apples, 10 cts., in place of marmalade, grapefruit, oranges and prunes, 49 cts.	.39
Potato soup, 10 cts., for corn soup, 21 cts.	.11
Use 4 lbs. haddock, 28 cts., in place of halibut and smelts, 48 cts.	.20
Use macaroni and cheese, 5 cts., in place of scalloped oysters, 33 cts.	.28
	$2.02

February 15-22

7 half pint jars light cream	$0.49
Coffee	.28
Nut meats	.10
Cottage cheese	.05
Maple syrup	.08
2 grapefruit, 15 cts., use apples, 2 cts.	.13
¼ lb. bacon	.04
Celery	.12
Omit casserole of chicken, 58 cts., use English beef soup, 10 cts.	.48
	$1.77

February 22-28

7 jars light cream	$0.49
Raisins	.02
Maple syrup	.05
Use potato soup in place of pea soup	.14
Chili sauce and pickles	.08
Use 1½ lbs. forequarter lamb chops, 18 cts., in place of broiler, 46 cts.	.28
	$1.06
Total for month	$6.02

Household Hints

Milk is scalded when a scum has formed on top and beads around the edge of the milk.

Milk should always be scalded over hot water, and not put in a saucepan to be placed directly over the fire, to reach the boiling point.

Milk should not be scalded in a dish where strong odored vegetables, like onions, have been cooked.

Milk should always be kept in the bottle until ready to use and the amount necessary turned out. The cap should always be kept in the bottle.

White Sauce may be prepared for use for two days and the amount necessary measured.

The Liquid measure is always the sauce measure.

To Butter Cake Tins always melt the butter, allow the salt to settle and use a butter brush.

To Soften Butter for creaming in the cake, rinse the cake bowl with boiling water, allow the butter to stand for 2 minutes, and then cream, using a wooden spoon.

Butter should be creamed, and not melted, unless specified, for cake making, as melted butter changes the consistency of the cake.

Melted Butter should be melted and then measured, or measure scant the amount required and then melt.

Butter, Milk and Cream should be kept apart from other food in the ice box if possible, and should always be kept in a low temperature except when in actual use.

Children's Party Suggestions

Birthday Cake

Beat the yolks of 6 of Hood's eggs until thick, add 1 cup sugar gradually and continue beating; then add 1 tablespoon lemon juice and the whites of the eggs beaten stiff. When the whites are partially stirred in sift in 1 cup flour and cut and fold in. Bake 1 hour in an angel cake pan. When cold frost with

Ornamental Frosting

Put the whites of 2 of Hood's eggs and 2 tablespoons confectioner's sugar in a bowl. Beat 2 minutes with a wooden spoon. Add confectioner's sugar, 2 tablespoons at a time, beating between each addition, until 1 cup of sugar has been used. Then add enough sugar to make of a consistency to spread. Cover with a thin frosting and decorate with candles. Add enough sugar to remaining frosting to make it stiff enough to hold in shape, and decorate the cake, using the pastry bag and tube.

Nut Bread Sandwiches

Refer to February 9 for entire wheat and nut bread. Slice thin, spread with butter and cut in fancy shapes. Serve with glasses of Hood's milk.

Rolled Lettuce Sandwiches

Butter fresh bread, cut thin, lay on a lettuce leaf, sprinkle with salt, roll and fasten with narrow ribbon.

Orange Sherbet in Orange Shells

Boil 1 quart water and 1 pint sugar together 20 minutes, add the juice from 6 oranges and 2 lemons. Cool, freeze, using 2 parts ice and 1 part salt. For preparing the shells, cut the oranges in halves, remove the

pulp with a spoon, then rub through a strainer. The cut edge of the shell may be pointed, using the scissors.

Cold Chocolate

Melt 2 squares Baker's chocolate, add ⅓ cup sugar and 1 cup boiling water. Bring to the boil, then add to 3 cups Hood's milk, scalded. Cool, and just before serving add a piece of ice and beat with the egg beater. Serve with Hood's medium cream whipped.

Memoranda

Month of March

For the Invalid

In using cold water, the water should be freshly drawn, and for hot drinks the water should be freshly boiled. All hot drinks should be served hot, and the cold drinks cold. Never serve more than the patient is allowed at one time. Hot water is more stimulating than cold water, and quenches the thirst better. During an epidemic the water may be boiled, then covered, and cooled before serving. This renders it practically germ free.

All hot milk should be heated over hot water, as then the temperature cannot be raised beyond 196 degrees. Milk heated to 212 degrees, or the boiling point, changes in value, and has been made astringent. Milk is a perfect food for infants and invalids. A complete milk diet is from 1 to 3 quarts daily. The taste of the milk should be altered occasionally for its perfect digestion. The change from the milk to the solid diet should be gradual. The fruit drinks are valuable for their acids, and are cooling and soothing in fevers.

The egg nogs are used when a concentrated diet is required, and, like milk, should be sipped slowly, rather than taken rapidly.

For the invalid, all eggs should be perfectly fresh, on account of the extra nourishment contained.

Beef tea prepared by simmering the meat in the water is used as a stimulant, as the stimulating rather than the nourishing properties of the meat are drawn out into the water. Beef juice extracted from the broiled meat contains the nourishing properties of the meat.

The several gruels are used with different results.

Oatmeal gruel is slightly laxative, and may be used in nearly all cases.

The wheat gruels are astringent, and Indian gruel, on account of the fat contained, is not given in fevers.

All food which contains starch should have long, slow cooking to swell and burst the starch grain, which renders it more digestible.

Bread is better served toasted for the invalid, as during the process the starch changes into the first stage of digestion, the same as the action of the saliva on the food, which is often lacking with the invalid.

Starchy food should be used with caution where a concentrated diet is required, as it adds bulk to the food.

It has been said that a good sick room cook will save the digestion half its work.

Nourishing food is a valuable aid to the physician in the recovery of the invalid, and should be studied in every home.

TILLING THE SOIL—A HOOD FARM SCENE

BOSTON PUBLIC LIBRARY

March 1

Breakfast

Oat Cereal Reheated Beans
Toasted Brown Bread Coffee

Luncheon or Supper

French Fruit Salad Bread and Butter
Harrison Cake Tea

Dinner

Cold Roast Beef Spaghetti with Tomato Sauce
Prune Souffle

March 2

Breakfast

Oat Cereal Creamed Codfish
Toasted Bread Coffee

Luncheon or Supper

Clam Bisque Hot Biscuit
Stewed Prunes Harrison Cake

Dinner

Beef Croquettes French Fried Potatoes
Banana Pudding Boiled Custard

March 3

Breakfast

Indian Meal Mush Bread Omelet
Graham Muffins Coffee

Luncheon or Supper

Macaroni with Cheese Harrison Cake
Sliced Oranges Boiled Custard

Dinner

Carni Con Chili Georgian Sweet Potatoes Dressed Lettuce
Baked Bananas Bread and Butter

March 4

Breakfast

Fried Mush — Maple Syrup
Baked Apples — Coffee

Luncheon or Supper

Black Bean Soup — Crisp Crackers
Canned Peaches — Bread and Butter

Dinner

Baked Haddock — Hollandaise Sauce
Boiled Potatoes — Frozen Rice Pudding

March 5

Breakfast

Oat Cereal — Milk Toast
Apple Sauce — Coffee

Luncheon or Supper

Scalloped Fish and Oysters
Cottage Cheese and Jelly — Crackers

Dinner

Nut Loaf — Broiled Potatoes
Chocolate Pudding — Medium Cream

March 6

Breakfast

Wheat Cereal — Oven Broiled Bacon
Baked Potatoes — Coffee

Luncheon or Dinner

Reheated Nut Loaf — Cabbage Scalloped with Cheese
Hot Biscuit — Dried Apple Pie

Dinner or Supper

Beans with Tomato Sauce — Boston Brown Bread
Pickles — Maple Custards

March 7

Breakfast

Creamed Beef Reheated Brown Bread Coffee

Dinner

Chicken Southern Style Steamed Rice
Currant Jelly Custard Ice Cream

Tea

Raisin and Nut Sandwiches
Ice Cream Harrison Cake

March 8

Breakfast

Wheat Cereal Toasted Brown Bread
Reheated Beans Coffee

Luncheon or Supper

Rice Omelet Baking Powder Biscuit
Coffee Jelly

Dinner

Chicken Croquettes White Sauce with Peas
Toasted Bread
Steamed Pudding Custard Sauce

March 9

Breakfast

Oat Cereal Buttermilk Griddle Cakes
Maple Syrup Coffee

Luncheon or Supper

St. Germain Pea Soup Hot Biscuit Canned Quinces

Dinner

Broiled Steak with Onions
Mashed Potatoes Irish Moss Blanc Mange

March 10

Breakfast

Oat Cereal Potato Puff
Toasted Bread Coffee

Luncheon or Supper

Bean Rarebit Toasted Bread
Buttermilk Doughnuts Dried Apple Sauce

Dinner

Fish Chowder Pickles
Lemon Pie Lemon Filling Meringue

March 11

Breakfast

Wheat Cereal Oven Broiled Bacon
Baked Potatoes Coffee

Luncheon or Supper

Split Pea Soup Crisp Crackers Tarts

Dinner

Fish Timbals Hollandaise Sauce
French Fried Potatoes Coffee Mousse

March 12

Breakfast

Oat Cereal Scalloped Tomatoes
Rye Muffins Coffee

Luncheon or Supper

Baked Macaroni with Cheese Buttermilk Doughnuts
Glasses of Milk

Dinner

Corn Chowder German Apple Cake Maple Sauce

March 13

Breakfast

Oat Cereal — Creamed Codfish
Toasted Bread — Coffee

Dinner or Luncheon

Scalloped Clams — Cheese and Jelly — Hot Biscuit

Supper or Dinner

Baked Beans — Steamed Graham Bread
Hermit Cookies — Sliced Oranges

March 14

Breakfast

Beans Reheated — Reheated Graham Bread
Buttermilk Doughnuts — Coffee

Dinner

Boiled Leg of Lamb — Caper Sauce
Boiled Potatoes — Creamed Onions
Frozen Chocolate — Whipped Cream

Tea

Frozen Chocolate — Whipped Cream — Hermit Cookies

March 15

Breakfast

Oat Cereal — Creamed Potatoes
Rye Muffins — Coffee

Luncheon or Supper

Tomato and Rice Soup — Bread and Butter
Hermit Cookies — Cottage Cheese

Dinner

Cold Boiled Lamb — Mint Sauce
French Fried Potatoes — Indian Pudding

March 16

Breakfast

Wheat Cereal — Reheated Beans
Toasted Brown Bread — Coffee

Luncheon or Supper

Potato Soup — Crisp Crackers
Fruit Biscuit — Orange Jelly

Dinner

Lamb Souffle — Mint Jelly
Moulded Cheese Salad — Bread and Butter

March 17

Breakfast

Oat Cereal — Baked Potatoes
Creamed Codfish — Coffee

Luncheon or Supper

Stewed Lima Beans — Toasted Bread
Hermit Cookies — Jelly

Dinner

Baked Halibut — Horseradish Hollandaise
Duchess Potatoes
Angel Cake — Canned Peaches

March 18

Breakfast

Oat Cereal — Sweet Milk Griddle Cakes
Maple Syrup — Coffee

Luncheon or Supper

Fish Omelet — White Sauce
Baking Powder Biscuit — Sliced Oranges

Dinner

Baked Broiler Chicken — Broiled Potatoes
Dressed Lettuce — Savory French Dressing
Stewed Prunes — Bread and Butter

March 19

Breakfast

Oat Cereal
Rye Muffins
Creamed Potatoes
Coffee

Luncheon or Supper

Hulled Corn
Hermit Cookies
Bread and Butter
Jellied Prunes

Dinner

Fish Chowder
Hot Gingerbread
Pickles
Full Cream Cheese

March 20

Breakfast

Shredded Wheat Biscuit
Baked Potatoes
Dried Beef with White Sauce
Coffee

Luncheon or Dinner

Fish Croquettes
Ginger Cakes
Whole Wheat Bread and Butter
Whipped Cream

Dinner or Supper

Baked Kidney Beans
Custard Pie
Steamed Graham Bread

March 21

Breakfast

Corn Griddle Cakes
Coffee
Reheated Graham Bread
Oranges

Dinner

Boiled Fowl
Boiled Onions
Mashed Potatoes
Maple Mousse

Tea

Cold Baked Beans
Tarts
Toasted Graham Bread
Fruit Cream

March 22

Breakfast

Shredded Wheat Biscuit — Fried Potato Cakes
Spider Corn Cake — Coffee

Luncheon or Supper

Kidney Bean Salad — Horseradish Dressing
Bread and Butter — Rice Pudding

Dinner

Chicken Bechamel — French Fried Potatoes
Corn Custard — Orange Short Cake — Whipped Cream

March 23

Breakfast

Scotch Oatmeal — Toasted Bread
Creamed Codfish — Coffee

Luncheon or Supper

White Cream Soup — Hot Biscuit
Chocolate Raisin Cake — Canned Fruit

Dinner

Irish Stew — Dumplings
Bread and Fruit Mould

March 24

Breakfast

Moulded Scotch Oatmeal — Coffee
Sweet Milk Griddle Cakes — Maple Syrup

Luncheon or Supper

Raw Oysters — Cocktail Sauce
Bread and Butter
Chocolate Raisin Cake — Cottage Cheese

Dinner

Lamb Fricassee — Boiled Potatoes
Mashed Turnips — Sliced Oranges
Bread and Butter

March 25

Breakfast

Wheat Cereal — Hashed Brown Potatoes
Oven Broiled Bacon — Coffee

Luncheon or Supper

Lamb Cream Soup — Crisp Crackers
Stewed Prunes — Chocolate Raisin Cake

Dinner

Planked Steak — Potato Roses
Buttered Beets — Rice Pudding

March 26

Breakfast

Oat Cereal — Boiled Eggs
Toasted Bread — Coffee

Luncheon or Supper

Steamed Rice with Cheese — Prune Pie

Dinner

Salt Fish with Salt Pork — Boiled Potatoes
Pickled Beets
Steamed Pudding — Hot Custard Sauce

March 27

Breakfast

Oat Cereal — Potatoes Creamed with Salt Fish — Coffee

Dinner or Luncheon

Tripe with Tomato Sauce — Fried Biscuit
Stewed Figs — Whipped Cream

Dinner or Supper

Baked Beans — Boston Brown Bread
Caramel Custard

March 28

Breakfast

Fish Balls in Pork Fat — Reheated Brown Bread
Coffee — Grapefruit

Dinner

Roast Chicken — Gravy — Mashed Potatoes
Boiled Spinach — Chocolate Rice Meringue

Tea

Creamy Welsh Rarebit — Crackers

March 29

Breakfast

Wheat Cereal — Reheated Baked Beans
Toasted Brown Bread — Coffee

Luncheon or Supper

Potato Soup
Spinach Salad — Hard Boiled Eggs — Boiled Oil Dressing
Bread and Butter

Dinner

Chicken Croquettes — Shredded Potatoes
White Sauce
Canned Fruit — Baking Powder Biscuit

March 30

Breakfast

Oat Cereal — Baked Beans
Toasted Bread — Coffee

Luncheon or Supper

Macaroni Baked with Tomato — Buttermilk Doughnuts

Dinner

Cod Boiled in Milk — Fish Sauce — Boiled Potatoes
Dressed Lettuce — Indian Pudding

March 31

Breakfast

Wheat Cereal Creamed Potatoes
Corn Cake Coffee

Luncheon or Supper

Cream Fish Soup Crisp Crackers
Buttermilk Doughnuts Full Cream Cheese

Dinner

Fish and Potato Cutlets Buttermilk Rolls
Mince Pie

A Perfect Milk is a Perfect Food

"In all stages and conditions of life milk is a valuable and wholesome, often a necessary, food. It is especially valuable to the young, and Dr. Willard Parker was fond of saying: 'If you would have your children lambs, give them milk; if lions, feed them upon meat.' MARY E. GREEN, M.D.,

"*Member of the American Medical Association, Member of the Jury of Awards on Foods, World's Columbian Exposition.*"

March 1

Oat Cereal. Refer to November 4.

Reheated Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

Coffee. Refer to November 1.

French Fruit Salad

Shred ½ head lettuce and arrange on salad dish, then use fruit according to season, using in this salad 4 oranges and ⅓ cup walnut meats broken in pieces and 1 apple cut in strips. Pour over a French dressing, refer to November 7.

Harrison Cake

Cream ⅔ cup Hood's butter, add ¾ cup sugar. Then add ½ pound currants and ½ pound seeded raisins cut in small pieces. Add 2 of Hood's eggs well beaten. Mix and sift 3 cups flour with 1 teaspoon each soda and cinnamon, and ½ teaspoon each clove and allspice, and add alternately with ¾ cup Hood's milk and ⅔ cup molasses to the first mixture. Bake in a loaf in a deep pan 2 hours in a slow oven.

Tea. Refer to November 1.

Cold Roast Beef. Prepared February 28.

Spaghetti with Tomato Sauce

Use ¼ package spaghetti. Take spaghetti in hand, dip the ends in boiling salted water, and as it softens it will bend, and may be coiled under water. Cook as macaroni with tomato sauce, refer to January 8.

Prune Souffle. Refer to December 29.

March 2

Oat Cereal. Refer to November 4.

Creamed Codfish. Refer to November 6

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Clam Bisque

Pick over and drain 1 pint of clams. Save liquor and add to it ⅜ cup water and the clams, which have been chopped. Bring slowly to the boiling point and simmer 5 minutes. Strain and pour upon slowly 2½ tablespoons each Hood's butter and flour cooked together. Scald 1 pint Hood's milk with 1 slice onion and bit of bay leaf. Strain into clam liquor and season with ¾ teaspoon salt, ⅛ teaspoon pepper. Serve with the white of 1 of Hood's eggs beaten stiff and added last.

Hot Biscuit. Refer to November 7.

Stewed Prunes. Refer to December 4.

Harrison Cake. Prepared March 1.

Beef Croquettes

Use cold roast beef and prepare as lamb croquettes, refer to January 12.

French Fried Potatoes. Refer to January 5.

Banana Pudding

Pour boiled custard over 4 bananas sliced thin. May be sprinkled with cocoanut if desired.

Boiled Custard

Mix ⅓ cup sugar and the yolks of 3 of Hood's eggs, add 2 cups Hood's milk, scalded; return to the double

boiler and cook until the mixture coats the spoon. Strain, cool, add a few grains salt and ¼ teaspoon vanilla.

March 3

Indian Meal Mush

Refer to February 25.

Bread Omelet

Soak ½ cup fine bread crumbs in ½ cup Hood's milk 10 minutes. Add to well beaten yolks of 3 of Hood's eggs, with ¼ teaspoon salt. Fold in the whites of the eggs beaten stiff and cook as omelet, refer to December 5.

Graham Muffins. Refer to November 3.

Coffee. Refer to November 1.

Macaroni with Cheese. Refer to December 9.

Harrison Cake. Prepared March 1.

Sliced Oranges. Refer to December 28.

Boiled Custard. Prepared March 2.

Carni Con Chili

Prepare a 2 pound chicken for serving. Season with salt and pepper and fry in Hood's butter. Add ½ teaspoon salt, ½ onion finely chopped, the chicken, and boiling water to cover. Cook until the chicken is tender, remove to serving dish, and thicken sauce with 2 tablespoons each Hood's butter and flour cooked together.

Georgian Sweet Potatoes

Season 4 mashed boiled sweet potatoes with Hood's butter, salt and pepper; moisten with Hood's milk and

beat thoroughly. Put in baking dish and pour over a syrup made by boiling 2 tablespoons molasses and 1 teaspoon Hood's butter together 5 minutes. Bake in the oven until browned.

Dressed Lettuce. Refer to November 9.

Baked Bananas. Refer to January 30.

March 4

Fried Mush. Refer to February 26.

Baked Apples. Refer to November 1.

Coffee. Refer to November 1.

Black Bean Soup

Soak 1 cup black beans over night. Drain, add 4 cups water and cook until soft; rub through a sieve, fry out an inch cube of salt pork cut in small pieces. Add ½ onion cut finely, cook 5 minutes, add bean mixture. Mix 1 tablespoon flour, ¾ teaspoon salt, 2 cloves, ¼ teaspoon mustard, and add to 1 tablespoon Hood's butter melted. Stir into first mixture, strain and add ½ lemon sliced finely.

Crisp Crackers. Refer to December 23.

Baked Haddock. Refer to November 13.

Boiled Potatoes. Refer to November 3.

Hollandaise Sauce

Add to ½ cup Hood's butter washed the yolks of 2 of Hood's eggs, a few grains paprika, 1 tablespoon lemon juice and ⅓ cup hot water. Cook over hot water until it thickens, stirring constantly.

Frozen Rice Pudding

Cook ¼ cup rice 5 minutes in a quantity of water, then drain and cook in the double boiler with 2 cups Hood's milk and ¼ teaspoon salt until soft. Then add ¾ cup powdered sugar and let stand until cold, add 1 tablespoon vanilla, and fold in ½ cup of Hood's medium cream beaten until solid, add the whites of 2 of Hood's eggs beaten stiff. Put in a mould and let stand packed in equal measures ice and salt about 2 hours.

March 5

Oat Cereal. Refer to November 4.

Milk Toast. Refer to December 27.

Apple Sauce. Refer to December 12.

Coffee. Refer to November 1.

Scalloped Fish and Oysters

Parboil ½ pint oysters and proceed as for scalloped fish, refer to November 11, using the left over fish with the oysters.

Cheese and Jelly

Refer to November 5.

Nut Loaf

Mix 1 quart soft bread crumbs, ¼ cup Hood's butter melted in ½ cup Hood's milk, 2 of Hood's eggs well beaten, or 2 egg yolks in place of 1 egg, ½ teaspoon salt, few grains paprika and 1 cup walnut meats broken in pieces, and ½ teaspoon poultry seasoning if desired. Bake in a buttered bread tin about ½ hour in a hot oven.

Broiled Potatoes. Refer to December 19.

Chocolate Pudding

Scald 1 pint Hood's milk. Melt 1½ squares Baker's chocolate, add ¼ cup sugar and ⅓ cup boiling water, and let cook until smooth and glossy. Then add to the scalded milk. Dilute ¼ cup cornstarch with Hood's milk, using it cold, and add to the scalded milk. Stir until thickened and cook for 20 minutes. Add a few grains salt and serve cold with Hood's medium cream, unbeaten.

March 6

Wheat Cereal. Refer to November 2.

Oven Broiled Bacon. Refer to December 3.

Baked Potatoes. Refer to November 4.

Coffee. Refer to November 1.

Reheated Nut Loaf. Prepared March 5.

Cabbage Scalloped with Cheese

Refer to November 5.

Hot Biscuit. Refer to November 7.

Dried Apple Pie

Prepare pastry, refer to November 9, and line a plate. Soak ⅓ pound of dried or evaporated apples over night in cold water to cover. In the morning drain and pick over. Fill into the lined plate, add ¼ cup of the water in which the apples were soaked, ⅓ cup sugar, few grains salt, few gratings nutmeg and 1 teaspoon Hood's butter. Cover with pastry, brush over with Hood's milk and bake about 45 minutes in a moderate oven.

Baked Beans with Tomato Sauce

Refer to January 16.

Boston Brown Bread. Refer to November 7.

Maple Custards

Use ½ cup maple syrup in place of sugar and proceed as for baked custards, refer to November 7.

March 7

Creamed Beef

Soak ½ package dried beef in cold water 5 minutes. Drain, put in double boiler, add 1 cup Hood's milk, and when scalded add 2 tablespoons flour diluted with cold water to pour. Cook 10 minutes, then add 2 tablespoons Hood's butter and season with salt.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Chicken Southern Style. Refer to November 1.

Steamed Rice. Refer to November 4.

Custard Ice Cream

Scald 1 pint Hood's milk and stir into it 1 tablespoon cornstarch mixed with ½ cup sugar; cook 15 minutes. Mix 1 of Hood's eggs with ¼ cup more sugar, add a little of the hot mixture and stir into the remaining mixture. Cool, add 1 pint Hood's light cream and 1½ tablespoons vanilla. Freeze, using 3 parts ice to 1 part salt. Makes 3 pints cream.

Raisin and Nut Sandwich

Put ½ cup raisins and ¼ cup nut meats through the meat chopper. Spread on bread and butter sandwiches.

Harrison Cake

Prepared March 1.

March 8

Wheat Cereal. Refer to November 2.

Toasted Brown Bread. Refer to November 2.

Reheated Beans. Refer to November 1.

Coffee. Refer to November 1.

Rice Omelet

Use rice in place of bread and prepare as bread omelet, refer to March 3.

Baking Powder Biscuit. Refer to November 2.

Coffee Jelly. Refer to November 2.

Chicken Croquettes

Use 1⅞ cup chicken in place of lamb and prepare as lamb croquettes, refer to January 12.

White Sauce with Peas

Add ½ can of drained and rinsed peas to white sauce, refer to November 6.

Toasted Bread. Refer to November 1.

Steamed Pudding. Refer to November 2.

Custard Sauce. Refer to November 2.

March 9

Oat Cereal. Refer to November 4.

Buttermilk Griddle Cakes

Add 1 of Hood's eggs well beaten to 1 cup Hood's buttermilk. Mix and sift 1¼ cups flour with 1 teaspoon soda and ½ teaspoon salt. Add the liquid gradually and beat until smooth. Fry as griddle cakes, refer to January 1.

Coffee. Refer to November 1.

St. Germain Pea Soup

Use 1 quart stock left from cooking fowl and ½ can peas in place of corn, and prepare as St. Germain corn soup, refer to January 11.

Hot Biscuit. Refer to November 7.

Broiled Steak with Onions

Parboil 4 onions 15 minutes in boiling salted water with ¼ teaspoon soda. Drain and cut in small pieces. Put 1 pound top of round steak, cut ¾ inch in thickness, in frying pan, place the onions on top of steak and pan broil about 4 minutes, then turn the steak, and place the onions on top, and broil until the steak is rare cooked, about 3 minutes more. Remove steak to platter, season with salt, add 2 tablespoons Hood's butter to the onions and fry until tender, season with salt and serve on the steak.

Mashed Potatoes. Refer to November 1.

Irish Moss Blanc Mange. Refer to February 10.

March 10

Oat Cereal. Refer to November 4.

Potato Puff. Refer to January 25.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Bean Rarebit

Melt 2 tablespoons Hood's butter, add 1 teaspoon salt, few grains paprika, 1 cup cold baked beans and ½ cup stewed and strained tomato. When thoroughly heated

add ½ cup Hood's full cream cheese, grated, and serve on toasted bread. Make in the double boiler or in the chafing dish, using the hot water pan.

Buttermilk Doughnuts

Refer to February 6.

Dried Apple Sauce

Pick over and soak over night, in cold water to cover, ⅓ pound dried or evaporated apples. Cook in the same water until soft and smooth. Sweeten to taste and add the juice of ½ lemon.

Fish Chowder

Refer to December 4.

Lemon Pie

Line a pie plate as for custard pie with pastry and fill with lemon filling. Bake about ½ hour.

Lemon Filling

Mix ¾ cup sugar, 3 tablespoons cornstarch; add 1 cup hot water gradually, cooking until thickened and transparent. Remove from the fire, add the grated rind and juice of 1 lemon and the yolks of 2 of Hood's eggs unbeaten. Stir until blended.

Meringue

Beat the whites of 2 of Hood's eggs until stiff, using a plate and silver fork. Beat in gradually 1 tablespoon granulated sugar, and fold in 1 tablespoon more sugar. Spread on the cooled pie and bake 15 minutes in a slow oven.

March 11

Wheat Cereal. Refer to November 2.

Oven Broiled Bacon. Refer to December 3.

Baked Potatoes. Refer to November 4.

Coffee. Refer to November 1.

Split Pea Soup. Refer to February 5.

Crisp Crackers. Refer to December 23.

Tarts. Refer to December 26.

Fish Timbals

To 1 pound cooked halibut, finely chopped, add ⅓ cup Hood's heavy cream beaten stiff, 1 teaspoon salt, few drops onion juice, 1 teaspoon lemon juice and few grains paprika. Fold in the whites of 2 of Hood's eggs beaten stiff. Bake in 8 buttered moulds about 20 minutes, or until firm. Serve with

Hollandaise Sauce

To the yolks of 2 of Hood's eggs add ¼ teaspoon salt, few grains paprika, ⅓ cup hot water and ⅓ of ⅓ cup of Hood's butter, washed. Stir constantly over hot water until the butter has melted, then add the second third of butter, and as the sauce thickens add remaining butter; when the butter has melted remove sauce from the fire and add 1 tablespoon lemon juice.

French Fried Potatoes

Refer to January 5.

Coffee Mousse

Add ½ cup cold strong coffee, ½ cup sugar, to ⅔ cup Hood's heavy cream diluted with ⅓ cup Hood's milk or add 1 cup Hood's medium cream. Beat with the egg beater until thick, then put in mould and let stand 3 hours, packed in equal parts ice and salt.

March 12

Oat Cereal

Refer to November 4.

Scalloped Tomatoes

Arrange in alternate layers in a buttered baking dish 1 pint canned tomatoes and ⅔ cup buttered cracker crumbs. Season with salt and pepper, and bake about 15 minutes in a hot oven.

Rye Muffins

Use the yolks of 2 eggs in place of 1 egg. Refer to November 7.

Coffee. Refer to November 1.

Baked Macaroni with Cheese

Refer to December 24.

Buttermilk Doughnuts. Refer to February 6.

Corn Chowder. Refer to December 11.

German Apple Cake

Make a baking powder biscuit mixture using 1 cup Hood's milk, refer to November 2. Turn into a buttered cake tin, and press slices of apple into the dough. Bake about ½ hour in a moderate oven. Serve with

Maple Sauce

Beat the whites of 2 of Hood's eggs stiff, and pour on slowly ½ cup hot maple syrup.

March 13

Oat Cereal. Refer to November 4.

Creamed Codfish. Refer to November 6.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Scalloped Clams

Use 1 pint clams in place of oysters, and prepare as scalloped oysters, refer to December 11.

Cheese and Jelly. Refer to November 5.

Hot Biscuit. Refer to November 7.

Baked Beans. Refer to November 7.

Steamed Graham Bread. Refer to January 2.

Sliced Oranges. Refer to December 28.

Hermits

Cream 1 cup Hood's butter, add 1 ½ cups sugar and 1 cup chopped raisins, then add 3 of Hood's eggs beaten until light and 3 cups flour mixed and sifted with 1 teaspoon each soda, nutmeg, and cloves. Add more flour if needed. Chill, roll and shape. Bake in a slow oven.

March 14

Beans Reheated. Refer to November 1.

Reheated Graham Bread. Refer to November 1.

Buttermilk Doughnuts. Prepared March 12.

Coffee. Refer to November 1.

Boiled Leg of Lamb

Order a 5 lb. leg of lamb, and cook as fowl, Southern style, using water in place of milk, refer to November 1.

Caper Sauce

Add ¼ cup flour diluted with cold water to pour to 1 pint lamb stock. Cook 5 minutes, season with salt, add ¼ cup capers, drained, and pour around the lamb.

Boiled Potatoes. Refer to November 3.

Creamed Onions. Refer to January 24.

Whipped Cream. Refer to November 4.

Frozen Chocolate

Prepare chocolate as in suggestions for children's parties, refer to February, and freeze, using 3 parts ice and 1 part salt.

March 15

Oat Cereal. Refer to November 4.

Creamed Potatoes. Refer to November 6.

Rye Muffins. Refer to November 7.

Coffee. Refer to November 1.

Tomato and Rice Soup

Add 1 cup thick part of canned tomatoes and ¼ cup rice to 2 quarts lamb stock, and cook until the rice is soft. Season with salt.

Hermit Cookies. Prepared March 13.

Cold Boiled Lamb. Prepared March 14.

Mint Sauce

Add 1½ tablespoons sugar to ¼ cup each vinegar and water. Pour over ⅓ cup mint leaves, either dried or fresh. Let stand 20 minutes, then strain out part of the leaves.

French Fried Potatoes. Refer to January 6.

Indian Pudding. Refer to November 5.

March 16

Wheat Cereal. Refer to November 2.

Reheated Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

Coffee. Refer to November 1.

Potato Soup. Refer to January 16.

Crisp Crackers. Refer to December 23.

Fruit Biscuit. Refer to February 23.

Orange Jelly. Refer to December 7.

Lamb Souffle

Use lamb in place of fish and prepare as fish souffle, refer to January 9.

Mint Jelly

Soak ¾ tablespoon granulated gelatin in 2 tablespoons cold water. Boil ½ cup each sugar and vinegar about 3 minutes; add the gelatin, and a few grains each salt and paprika; then add ⅓ cup mint leaves, either dried or fresh, chopped fine. Set the dish in water and stir occasionally until the mixture begins to thicken, then turn into a glass and stiffen.

Moulded Cheese Salad

Prepare quick mayonnaise dressing, omitting the white of egg, refer to December 8. Add ¾ cup Hood's full cream cheese grated, and form into balls. Serve on shredded lettuce.

March 17

Oat Cereal. Refer to November 4.

Baked Potatoes. Refer to November 4.

Creamed Codfish. Refer to November 6.

Coffee. Refer to November 1.

Stewed Lima Beans. Refer to December 30.

Toasted Bread. Refer to November 1.

Hermit Cookies. Prepared March 13.

Baked Halibut. Refer to December 9.

Horseradish Hollandaise

Add ⅓ cup horseradish drained to hollandaise sauce, refer to March 4.

Duchess Potatoes

Omit milk and add the yolks of 2 of Hood's eggs to mashed potatoes, refer to November 1.

Angel Cake

Beat the whites of 5 of Hood's eggs until stiff with ¼ teaspoon salt. Mix and sift 3 times ½ cup each sugar and flour, and ½ teaspoon each cream tartar and baking powder. Fold the dry ingredients into the beaten eggs, add ½ teaspoon vanilla, and bake about ½ hour in a bread tin.

March 18

Oat Cereal. Refer to November 4.

Sweet Milk Griddle Cakes. Refer to January 1.

Coffee. Refer to November 1.

Fish Omelet

Flake the left over halibut in small pieces, and spread on the yolks of 4 of Hood's eggs in the omelet pan, after the yolks have set, and before adding the whites of eggs. Prepare as omelet, refer to December 5.

White Sauce. Refer to November 6.

Baking Powder Biscuit. Refer to November 2.

Sliced Oranges. Refer to December 28.

Baked Broiler Chicken

Order a 2 lb. broiler, split. Wash, wipe, put in baking pan, skin side up, season with salt, add 2 tablespoons Hood's butter melted in 2 tablespoons hot water. Bake about 20 minutes or until tender. Remove to platter and pour over 2 tablespoons Hood's butter melted.

Broiled Potatoes. Refer to January 26.

Dressed Lettuce. Refer to November 9.

Savory French Dressing

Use as seasonings ½ teaspoon salt, few grains each mustard and paprika, and few drops onion juice and prepare French dressing, refer to November 7.

Stewed Prunes. Refer to December 4.

March 19

Oat Cereal. Refer to November 4.

Creamed Potatoes. Refer to November 4.

Rye Muffins. Refer to November 7.

Coffee. Refer to November 1.

Hulled Corn

Add 1 quart hulled corn to 2 cups Hood's milk, scalded, and reheat in double boiler. May be served cold.

Hermit Cookies. Prepared March 13.

Jellied Prunes. Refer to December 5.

Fish Chowder. Refer to December 4.

Hot Gingerbread. Refer to November 3.

March 20

Shredded Wheat Biscuit

Dip the biscuit in Hood's milk, and reheat in hot oven.

Dried Beef with White Sauce

Soak ½ package dried beef 10 minutes in warm water to cover, and serve with white sauce, refer to November 6.

Baked Potatoes. Refer to November 4.

Coffee. Refer to November 1.

Fish Croquettes. Refer to December 19.

Whole Wheat Bread

Add ¼ cup molasses, ¾ teaspoon salt to 2 cups Hood's milk scalded. When lukewarm add 1 yeast cake dissolved in ¼ cup lukewarm water, and 4½ cups entire wheat or graham flour, unsifted. Beat well, let rise until doubled in bulk, beat again, turn into 2 buttered pans, let rise again, and bake about 1 hour in a moderate oven.

Ginger Cakes. Refer to November 4.

Whipped Cream. Refer to November 4.

Baked Kidney Beans. Refer to December 26.

Steamed Graham Bread. Refer to January 2.

Custard Pie. Refer to January 30.

March 21

Corn Griddle Cakes

Omit ¼ cup flour, and add 1 cup canned corn to sweet milk griddle cakes, refer to January 1.

Reheated Graham Bread. Refer to November 1.

Coffee. Refer to November 1.

Boiled Fowl. Refer to November 1.

Mashed Potatoes. Refer to November 1

Boiled Onions. Refer to November 8.

Maple Mousse

Beat ½ cup Hood's medium cream until stiff and ½ cup maple syrup carefully. Put in mould, and let stand 3 hours in equal parts ice and salt.

Cold Baked Beans. Prepared March 20.

Toasted Graham Bread. Refer to November 2.

Tarts. Refer to December 26.

Fruit Cream

Use ½ cup orange, or any preserved fruit, in place of apple, in apple cream, refer to December 21.

March 22

Shredded Wheat Biscuit. Refer to March 20.

Fried Potato Cakes. Refer to November 2.

Spider Corn Cake

Mix and sift ¾ cup corn meal, ¼ cup flour, 1½ teaspoons baking powder, 2 tablespoons sugar and 1 teaspoon salt. Add 2 of Hood's eggs well beaten and ⅓ cup Hood's milk. Turn into a buttered frying pan, heated smoking hot. Set in oven, pour in ¾ cup more Hood's milk, and bake about 30 minutes in a moderate oven.

Coffee. Refer to November 1.

Kidney Bean Salad. Refer to December 29.

Horseradish Dressing

Add ¼ teaspoon salt and few grains paprika to ¼ cup horseradish, drain, then fold in carefully ½ cup Hood's medium cream, beaten thick.

Rice Pudding. Refer to December 14.

Chicken Bechamel. Refer to November 9.

Corn Custard

Use ½ can corn in place of potato, and prepare as potato puff, refer to January 25.

French Fried Potatoes. Refer to January 5.

Orange Short Cake. Refer to December 14.

Whipped Cream. Refer to November 4.

March 23

Scotch Oatmeal

Soak 1 cup coarse oatmeal, 1 teaspoon salt, 4 cups cold water 2 hours, then cook in double boiler 3 hours, stirring occasionally. Cook the day before serving and

reheat for breakfast. Pack the left over cereal into small cups, set the cups in pan of hot water, and reheat in oven for serving.

Toasted Bread. Refer to November 1.

Creamed Codfish. Refer to November 6.

Coffee. Refer to November 1.

White Cream Soup. Refer to November 2.

Hot Biscuit. Refer to November 7.

Chocolate Raisin Cake

Cream ½ cup Hood's butter, add 1 cup sugar, ½ cup raisins, 2 of Hood's eggs well beaten. Mix and sift 1⅓ cups flour with 2½ teaspoons baking powder, and add alternately with ½ cup Hood's milk to the first mixture. Then add two squares melted chocolate. Bake about 40 minutes.

Irish Stew

Wipe and cut in small pieces 2 lbs. lamb from forequarter. Put in kettle, cover with boiling water, add 1 teaspoon salt, and set in oven. Cook 1½ hours, then add 1 small carrot and 1 small turnip cut in cubes, and 1 onion sliced fine. Cook 2 hours more, then add 3 cups potatoes parboiled 5 minutes in boiling water, then drained. Set on stove and boil 15 minutes, steaming dumplings at same time. Refer to December 21. Thicken stew with 3 tablespoons flour diluted with cold water to pour.

Bread and Fruit Mould

Refer to December 11.

March 24

Moulded Scotch Oatmeal. Prepared March 23.

Sweet Milk Griddle Cakes. Refer to January 1.

Coffee. Refer to November 1.

Raw Oysters

Pick over, looking for pieces of shell, 1 pint oysters, season with salt, and serve very cold with

Cocktail Sauce

Mix 1 tablespoon horseradish, few grains paprika, 1 tablespoon Worcestershire sauce, 3 tablespoons tomato ketchup, and ½ teaspoon salt, chill thoroughly.

Chocolate Raisin Cake. Prepared March 23.

Lamb Fricassee. Refer to November 18.

Boiled Potatoes. Refer to November 3.

Mashed Turnips. Refer to November 6.

Sliced Oranges. Refer to December 28.

March 25

Wheat Cereal. Refer to November 2.

Hashed Brown Potatoes. Refer to December 24.

Oven Broiled Bacon. Refer to December 3.

Coffee. Refer to November 1.

Lamb Cream Soup. Refer to November 14.

Crisp Crackers. Refer to December 23.

Stewed Prunes. Refer to December 4.

Chocolate Raisin Cake. Prepared March 23.

Planked Steak

Panbroil 1 lb. steak cut from top of round 3 minutes on one side. Remove to an oak plank, cooked side down, and finish broiling under the gas flame, or on the top grate in the range oven. Garnish with buttered beets and

Potato Roses

To 2 cups hot riced potatoes add 2 tablespoons Hood's butter, ½ teaspoon salt, and the yolks of 2 of Hood's eggs. Shape and reheat in hot oven.

Buttered Beets

Drain and rinse 1 can small beets, reheat ½ can in boiling salted water. Drain and add 2 tablespoons Hood's butter melted.

Rice Pudding

Refer to December 14.

March 26

Oat Cereal

Refer to November 4.

Boiled Eggs Soft Cooked

Put 4 of Hood's eggs into rapidly boiling water. Cover saucepan tightly, remove from the heat, and let stand 12 minutes in the hot water.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Steamed Rice with Cheese. Refer to December 4.

Prune Pie

Line a plate with pastry, refer to November 9, and fill with ½ lb. stewed prunes, refer to December 4, cover with an upper crust and bake about 45 minutes in a moderate oven.

Salt Fish with Salt Pork

Soak ½ lb. salt fish ½ hour in lukewarm water. Drain, lay on platter, and pour over ¼ lb. salt pork fat, with the scraps, which has been fried until brown.

Boiled Potatoes. Refer to November 3.

Pickled Beets. Refer to January 23.

Steamed Pudding. Refer to November 2.

Hot Custard Sauce. Refer to November 2.

March 27

Potatoes Creamed with Codfish

Prepare creamed potatoes, refer to November 4, and add any left over fish, picked in small pieces.

Coffee

Refer to November 1.

Tripe with Tomato Sauce

Prepare tomato sauce, refer to December 12, and add 1 lb. tripe, cut in strips. Cook 10 minutes, or until tripe is soft, then season with salt.

Fried Biscuit. Refer to January 12.

Stewed Figs. Refer to November 17.

Whipped Cream. Refer to November 4.

Baked Beans. Refer to November 7.

Brown Bread. Refer to November 7.

Caramel Custards. Refer to February 27.

March 28

Fish Balls in Pork Fat

Prepare fish balls, refer to November 8, and brown in pork fat:

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Grapefruit. Refer to January 3.

Roast Chicken. Refer to November 8.

Gravy. Refer to November 8.

Mashed Potatoes. Refer to November 1.

Boiled Spinach. Refer to February 2.

Chocolate Rice Meringue

Scald two cups Hood's milk, add ¼ cup rice, ¼ teaspoon salt, and cook until the rice is soft; add ⅓ cup sugar, 1 square melted chocolate, and the yolks of 2 of Hood's eggs, and ½ cup Hood's medium cream, beaten stiff. Bake 15 minutes. Then cover with meringue, refer to March 10.

Creamy Welsh Rarebit

Melt 1 tablespoon Hood's butter, add 2 teaspoons cornstarch, and gradually ½ cup Hood's milk. Cook over hot water 3 minutes, then add 1 cup Hood's full cream cheese cut in small pieces. When cheese is melted season with salt and paprika, and serve on crackers.

March 29

Wheat Cereal. Refer to November 2.

Baked Beans Reheated. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

Coffee. Refer to November 1.

Potato Soup. Refer to January 16.

Spinach Salad

Chop cold boiled spinach finely, moisten with salad dressing, and arrange on lettuce leaves. Garnish with slices of 2 of Hood's eggs hard boiled.

Hard Boiled Eggs

Cover eggs with boiling water and let stand where the water will keep hot 45 minutes without boiling, then cover with cold water, and when cool take off the shells.

Boiled Oil Dressing

Add 2 tablespoons each oil and vinegar to the yolks of 2 of Hood's eggs, and cook in the double boiler until the mixture thickens. When cold add 2 tablespoons more oil, ¼ teaspoon salt, 1 tablespoon sugar, and a few grains mustard.

Chicken Croquettes. Refer to March 8.

White Sauce. Refer to November 6.

Shredded Potatoes. Refer to February 12.

Baking Powder Biscuit. Refer to November 2.

March 30

Oat Cereal. Refer to November 4.

Reheated Beans. Refer to November 1.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Buttermilk Doughnuts. Refer to February 6.

Macaroni Baked with Tomato

Prepare as macaroni with cheese, refer to December 9, and arrange in alternate layers with 1 pint canned tomatoes, and reheat in hot oven.

Cod Boiled in Milk

Tie 3 lbs. fresh codfish in a piece of cheese cloth and start cooking in 1 pint of boiling water, with one teaspoon salt. In 10 minutes, add 3 cups Hood's milk, and simmer until the fish is dry and flakes apart. Remove to platter and pour over

Fish Sauce

Prepare as white sauce, refer to November 6, and use in place of milk 1 cup of stock in which fish was cooked.

Boiled Potatoes. Refer to November 3.

Dressed Lettuce. Refer to November 9.

Indian Pudding. Refer to November 5.

March 31

Wheat Cereal. Refer to November 2.

Creamed Potatoes. Refer to November 4.

Corn Cake. Refer to December 1.

Coffee. Refer to November 1.

Cream Fish Soup

Prepare as white cream soup, using fish stock. Refer to November 2.

Crisp Crackers. Refer to December 23.

Buttermilk Doughnuts. Prepared March 30.

Fish and Potato Cutlets

Flake in small pieces the left over fish, add an equal amount hot mashed potatoes, season with salt and paprika, and moisten enough to hold in shape with Hood's milk. Shape in flat round cakes. Dip in crumbs, Hood's egg, and crumbs, fry in deep fat, and drain on brown paper.

Buttermilk Rolls. Refer to February 26.

Mince Pie. Refer to November 26.

A Perfect Milk is a Perfect Food

"The milch cow transmutes the pasturage and forage of the farm into edible protein, lactose and fat — into units of nutriment for man — at less than one-half the cost of similar units in beef produced by the steer. Milk is not only the most economical, but, when pure and undefiled, it is among the most wholesome and it is the most easily digestible of all foods of animal origin. These are the strongest possible reasons for its extended use.

"LEONARD PEARSON,

"*Dean of the Veterinary Faculty of the University of Pennsylvania, State Veterinarian of Pennsylvania, Member of the Advisory Board of the State Department of Health, and Member of the Board of Health, Philadelphia.*"

Cost of Living for March

March 1-8

12 qts. milk	$1.08
2½ lbs. butter	.98
1½ doz. eggs	.60
Jar medium cream	.10
9 jars light cream	.63
½ lb. cheese	.11
1 cottage cheese	.05
Cereal and spices and salt	.08
Coffee and baking powder	.30
Flour and 2 yeast cakes	.24
Sugar and ⅔ roast beef	.58
8 oranges	.16
Dried fruit, raisins, etc.	.15
Spaghetti and macaroni	.04
1 lb. prunes	.12
Tomato	.02
1 pint clams	.10
Codfish and potatoes	.08
Lard and doz. bananas	.23
Indian and rye meal	.04
Graham flour	.01
2 lb. broiler	.46
Lettuce and oil	.18
Maple syrup	.05
Apples	.05
½ pt. black beans	.03
Haddock, 4 lbs.	.28
Rice	.03
Ice and salt	.07
1 lemon	.02
½ pt. oysters	.10
Vanilla	.05
Jelly	.05
Crackers	.03
Chocolate	.03
¼ lb. bacon	.04
Dried apples	.04
Beans	.08
Salt pork	.06
Pickles	.04
Walnut meats	.20
Molasses and vinegar	.04
½ package dried beef	.06
1 pt. peaches	.10
⅓ of 5 lb. fowl	.25
Total for week	$8.04

March 8-15

12 qts. milk	$1.08
2½ lbs. butter	.98
1½ doz. eggs	.60
7 jars light cream	.49
1 jar heavy cream	.15
1 jar medium cream	.10
¼ lb. full cream cheese	.11
Cottage cheese	.05
1 pt. buttermilk	.04
⅔ of 5 lb. fowl, 75 cts.	.50
Cereal and spices and salt	.10
Coffee and baking powder	.33
Flour and 2 yeast cakes	.24
Sugar and Gelatin	.20
Lard and can peas	.20
Maple syrup	.10
Quinces	.10
1 lb. top of round	.25
Sea moss	.01
Potatoes	.08
Onions	.05
½ lb. dried apples	.04
¼ lb. bacon	.04
Split peas	.03
4 lbs. haddock	.28
Pickles	.04
2 lemons	.04
Tomatoes	.03
Rye meal	.01
Graham flour	.02
Can corn	.12
Codfish	.02
Beans	.08
Pork	.04
Crackers	.05
Jelly	.06
Macaroni	.03
Pt. clams	.10
4 oranges	.09
Raisins	.03
5 lbs. leg of lamb, 16 cts. lb., 80 cts., ¼ of lamb	.20
Ice and salt	.07
Capers	.02
Chocolate	.05
Total for week	$7.25

March 15-22

13 qts. milk	$1.17
1½ doz. eggs	.60
2½ lbs. butter	.98
7 half pint jars light cream	.49
1 jar thick cream	.15
1 jar medium cream	.10
½ lb. full cream cheese	.11
Cottage cheese	.05
¾ leg of lamb	.60
Coffee	.28
Potatoes	.08
Cereal	.08
Rye and Indian meal	.04
Rice	.02
Flour	.20
Raisins	.06
Sugar	.18
2 yeast cakes	.04
Spices and salt	.02
Baking powder	.02
Molasses and vinegar	.04
Dried mint	.04
Gelatin	.05
Tomato	.05
Crackers	.10
1 doz. oranges	.25
Lettuce	.08
Oil	.10
Codfish	.02
Lima beans	.03
Jelly	.05
Horseradish	.05
Peaches	.10
Maple syrup	.10
2 lb. broiler	.46
1 qt. hulled corn	.12
4 lbs. haddock	.28
½ package dried beef	.06
4 shredded wheat biscuit	.04
Lard	.05
1 qt. kidney beans	.10
½ can corn	.06
⅓ 5 lb. fowl, 75 cts.	.25
Onions	.05
Ice and salt	.05
1 lb. prunes	.12
Pickles	.04
Total for week	$8.01

March 22-31

16 qts. milk	$1.44
3¾ lbs. butter	1.47
2 doz. eggs	.80
2 jars medium cream	.20
10 half pint jars light cream	.70
1 pt. buttermilk	.04
½ lb. cheese	.11
Cottage cheese	.05
Shredded wheat biscuit	.04
Cereal	.08
Chicken, ½	.37
Potatoes	.10
½ can corn	.06
Crackers	.10
8 oranges	.17
Horseradish	.04
Flour and coffee	.60
Sugar and 3 yeast cakes	.30
Rice	.05
Codfish	.15
Chocolate	.08
Canned fruit	.25
4 lbs. forequarter lamb	.40
Nuts and maple syrup	.10
Pt. oysters	.20
Seasoning & baking powder	.10
Vegetables	.04
¼ lb. bacon	.04
Tomato	.03
1 lb. prunes	.12
1 lb. top of round steak	.25
Can beets	.15
1 lb. tripe	.12
½ lb. figs	.08
Salt pork	.08
Beans	.08
Rye and Indian meal	.05
4 lb. chicken	.72
1 peck spinach	.20
Lard	.08
Oil	.05
Macaroni	.03
Lettuce	.08
3 lbs. cod	.36
Mince meat	.05
Total for week	$10.61
Total for month	$33.91

Lowering the Cost

March 1-8

Omit coffee	$0.28
7 jars light cream	.49
Cream beef, use beans	.08
Jar medium cream	.10
Oranges, 18 cts., use apples, 3 cts.	.15
Butter cake for Harrison cake, difference butter and fruit	.24
Bacon	.04
Use English beef soup, 8 cts., for carni con chili, 46 cts.	.38
Omit maple syrup	.05
Pickles	.04
Jelly	.05
Oysters from scalloped fish	.10
	$2.00

March 8-15

Omit 7 jars light cream	$0.49
Medium cream	.10
Maple syrup	.10
Bacon	.04
Jelly	.06
Pickles	.04
Capers	.02
	$0.85

March 15-22

Omit 7 jars light cream	$0.49
Coffee	.28
Raisins	.06
Cottage cheese	.05
Mint sauce and jelly	.06
Jelly	.05
Horseradish	.05
Peaches	.10
Maple syrup	.10
Pickles	.04
2 lb. broiler, 46 cts., use 1½ lbs. forequarter chops, 18 cts.	.28
	$1.56

March 22-31

Coffee	$0.35
10 jars light cream	.70
2 jars medium cream	.20
Maple syrup	.05
Bacon	.04
Mince pie	.05
Horseradish	.04
Can beets	.15
Oysters with sauce, 23 cts., use rice with cheese, 5 cts.	.18
Butter cake for chocolate cake	.10
	$1.86
Total for month	$6.27

Invalid Recipes

Rice Water

Pick over and wash 1½ tablespoons rice, add 1 pint cold water, and cook in the double boiler until the rice is soft. Strain, season with salt, and add the desired amount of Hood's cream or milk.

Grape Juice

Pick over and wash 3 cups Concord grapes. Add 2 cups cold water and cook 1½ hours in a saucepan set in another saucepan containing hot water, or in the double boiler. Strain, and let drip several hours, then add 1 cup sugar, and cook over hot water 20 minutes. Cool and bottle.

Egg Nog

Beat 1 of Hood's eggs slightly, add ⅔ cup Hood's milk, 1 tablespoon sugar, and flavor as desired.

Foamy Egg Nog

Separate the yolk and white of one of Hood's eggs, beat the white stiff and add last to egg nog.

Bottled Beef Tea

Wipe and cut in small pieces 1 lb. steak from top of round. Add 1 pint cold water, place in a canning jar and cover. Set on a trivet in a kettle of cold water. Heat the water to 130 degrees and let cook for 2 hours. Strain and season with salt.

Broiled Beef Juice

Broil ½ lb. round steak for 3 minutes. Put on a hot plate, cut in small pieces and extract the juice. Season with salt and reheat in a cup set in a dish of hot water.

Cracker Gruel

Scald 1 cup milk, add 1 ½ tablespoons rolled cracker crumbs, cook in double boiler 5 minutes, add ¼ teaspoon salt.

Flour Gruel

Mix 2 tablespoons flour with ¼ cup cold milk, add to 1 ¾ cups scalded milk, and cook in double boiler 30 minutes. Season with salt.

Oatmeal Gruel

Add ½ teaspoon salt and ½ cup coarse oatmeal to 3 cups boiling water. Cook 3 hours in double boiler. Strain and dilute with milk.

Milk Toast

Scald 1 cup Hood's milk, add tablespoon flour diluted with cold milk to pour, and cook in double boiler 20 minutes. Add 1 tablespoon Hood's butter and season with salt. Pour over 2 slices of toasted bread.

Dropped Egg

Break 1 of Hood's eggs carefully in a cup and slip onto a buttered skimmer placed in a shallow pan of hot water. Keep below boiling point and cook until the white is firm. Then slip onto a slice of toast.

Boiled Eggs

Cover Hood's eggs with boiling water and cook in hot water from six to eight minutes, for soft boiled eggs (45 minutes if hard boiled).

Month of April

Serving Food for the Convalescent

In choosing food for the convalescent, select only that which is easy of digestion and at the same time contains the most nourishment.

The white class of fish, like haddock or halibut, is the only fish which should be served in the sick room, as fish like salmon, having oil and fat, is difficult of digestion. Avoid rich sauces, and all reheated food, except toasted bread. Baked potatoes are better served than boiled potatoes, as the starch raised to the temperature of steam is more perfectly cooked. All highly seasoned food should be avoided. In arranging the tray choose plain doilies and napkins rather than those with fringe. In the centre of the tray at the front edge is placed a small plate. At the right of the plate place a small knife, with the cutting edge toward the plate, at the point of the knife place a tumbler of water, at the left of the plate, place the fork, with the tines up, and beyond the fork, the spoon. Fold the napkin, and lay above and under the edge of the plate. Back of the plate place remaining dishes. A cup or small bowl is more satisfactory for serving soup than the soup plate. The edge of the tray should be covered with the doily without extending over the edge. All hot dishes should be served hot, and covered, and cold dishes cold. The glasses and cups should not be filled more than two-thirds full, so that tray may be carried without spilling. The handles of the cups and silver should all face the front of the tray, and when passing the tray avoid having the patient turn the tray around.

If possible, do not serve dessert with the remainder of the dinner. Do not serve food so that it will grow cold before being eaten. Choose pretty dishes, clean linen, and bright silver. If the quantity to be served is small use small dishes. Avoid leaving food uneaten in the sick room. If possible, do not consult the patient in regard to the serving. Have as much variety as possible. All food served to the convalescent should be perfectly cooked and daintily served, and should be chosen as directed by the physician, to agree with condition of the patient.

The principal object in serving food for the convalescent is to obtain the most nourishment possible, at the same time choosing only that which is easy of digestion.

DOWN IN THE MEADOW

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April 1

Breakfast

Shredded Wheat Biscuit Fried Eggs and Bacon
Baked Potatoes Coffee

Luncheon or Supper

Turnip Cream Soup Croutons
Coffee Jelly Bread and Butter

Dinner

Lamb Cutlets Tomato Sauce
Steamed Rice
Fried Pancakes Caramel Syrup

April 2

Breakfast

Oat Cereal Rice Griddle Cakes
Maple Syrup Coffee

Luncheon or Supper

Macaroni with Cheese Stewed Prunes
Baking Powder Biscuit

Dinner

Planked Fish Souffle Potato Roses
Hollandaise Sauce Welsh Cheese Cakes

April 3

Breakfast

Oat Cereal Milk Toast Coffee

Luncheon or Dinner

Fish Bouillon Rye Bread and Butter
Tripe in Batter
Molasses Cookies Cottage Cheese

Dinner or Supper

Baked Kidney Beans Chili Sauce
Brown Bread Lemon Custard Pie

April 4

Breakfast

Baked Beans Reheated — Brown Bread Reheated
Stewed Prunes — Coffee

Dinner

Stuffed Roast Veal — Mashed Potatoes
Boiled Onions
Fruit Ice Cream, Moulded with Whipped Cream

Tea

Toasted Bread — Hot Chocolate — Ice Cream

April 5

Breakfast

Oat Cereal — Potato Cakes
Reheated Brown Bread — Coffee

Luncheon or Supper

Baked Bean Salad — Cream Oil Dressing
Rye Bread and Butter
Molasses Cookies — Tea

Dinner

Cold Roast Veal — Potato Puff
Boiled Spinach
Chocolate Cottage Pudding — Custard Sauce

April 6

Breakfast

Oat Cereal — Eggs Scrambled with Tomato
Toasted Bread — Coffee

Luncheon or Supper

Cheese Cream Soup — Crisp Crackers
Canned Fruit — Hot Biscuit

Dinner

Veal Pot Pie — Baked Dumplings
Baked Bananas — Molasses Cookies

April 7

Breakfast

Shredded Wheat Biscuit with Bananas
Graham Muffins Coffee

Luncheon or Supper

String Bean Salad Cream Oil Dressing
Entire Wheat Baking Powder Biscuit
Dried Apple Sauce Molasses Cookies

Dinner

Macaroni with Meat Tapioca Cream

April 8

Breakfast

Oat Cereal Oven Broiled Bacon
Baked Potatoes Coffee

Luncheon or Supper

Potato Soup Crackers
French Toast Jelly

Dinner

Fish in Ramekins Delmonico Potatoes
Dressed Lettuce
Maple Mousse Molasses Cookies

April 9

Breakfast

Oat Cereal Creamed Codfish
Toasted Bread Coffee

Luncheon or Supper

Grapefruit Salad Toasted Cheese Sandwiches
Hot Cross Buns Cocoa

Dinner

Baked Shad Roe Tomato Sauce
Buttered Potatoes
Banana Pudding Boiled Custard

April 10

Breakfast

Oat Cereal — Creamed Scrambled Eggs
Toasted Bread — Coffee

Luncheon or Dinner

Broiled Cod Steak — Creamed Potatoes
Hot Biscuit — Grapefruit

Dinner or Supper

Beans Baked with Tomato — Steamed Graham Bread
Loaf Chocolate Cake — Marshmallow Frosting

April 11

Breakfast

Eggs Poached in Cream — Toasted Brown Bread
Grapefruit — Coffee

Dinner

Roast Chicken — Gravy
Steamed Rice — Jelly — Dressed Lettuce
Easter Pudding — Yellow Sauce

Tea

Crackers and Milk — Chocolate Cake
Cottage Cheese

April 12

Breakfast

Oat Cereal — Rice Griddle Cakes
Maple Syrup — Coffee

Luncheon or Supper

Baked Beans Reheated — Toasted Brown Bread
Canned Fruit — Chocolate Cake

Dinner

Cold Roast Chicken — Tartar Sauce — French Fried Potatoes
Creamed Parsnips — Rhubarb Pie

April 13

Breakfast

Shredded Wheat Biscuit with Bananas
Corn Cake Coffee

Luncheon or Supper

Macaroni Baked with Cheese Hot Biscuit
Rhubarb Sauce Chocolate Cake

Dinner

Veal Cutlets Mashed Potatoes Brown Sauce
French Dressing Lettuce and Walnut Salad
Bread and Butter

April 14

Breakfast

Oat Cereal Fried Potato Cakes
Rye Muffins Coffee

Luncheon or Supper

Potato Soup Crisp Crackers
Baked Bananas Chocolate Cake

Dinner

Baked Creamed Shad Roe French Rolls
Pineapple Fritters Currant Jelly Sauce

April 15

Breakfast

Oat Cereal Dropped Eggs on Toast Coffee

Luncheon or Supper

Potato Soup Crisp Crackers
Reheated French Rolls Canned Fruit

Dinner

Creole Steak Delmonico Potatoes
Floating Island

April 16

Breakfast

Oat Cereal — Creamed Codfish
Baked Potatoes — Coffee

Luncheon or Supper

Pineapple Salad — French Dressing
Bread and Butter
Cottage Cheese — Crackers

Dinner

Nut Souffle — Entire Wheat Baking Powder Biscuit
Baked Tapioca Pudding

April 17

Breakfast

Oat Cereal — Toasted Bread
Eggs Scrambled with Tomato — Coffee

Dinner or Luncheon

Dried Beef — Potato Salad
Boiled Cream Dressing
Hot Biscuit — Dried Apple Pie

Dinner or Supper

Baked Beans — Steamed Graham Bread
Sponge Pie — Whipped Cream

April 18

Breakfast

Reheated Baked Beans — Reheated Graham Bread
Coffee

Dinner

Fricassee of Chicken — Toasted Bread
Steamed Rice — Jelly
Cold Cabinet Pudding — Sponge Drops

Tea

Cheese and Jelly Sandwiches — Cocoa
Whipped Cream

April 19

Breakfast

Oat Cereal — Rice Griddle Cakes
Maple Syrup — Coffee

Luncheon or Supper

White Cream Soup — Croutons
Rhubarb Jelly — Baking Powder Biscuit

Dinner

Broiled Ham — Baked Potatoes
Lettuce with Boiled Dressing — Bread and Butter

April 20

Breakfast

Wheat Cereal — Reheated Beans
Toasted Brown Bread — Coffee

Luncheon or Supper

Stuffed Red Peppers — Hot Rye Biscuit
Cold Rhubarb Pie

Dinner

Cold Boiled Ham — Spaghetti with Tomato Sauce
Chocolate Bread Pudding

April 21

Breakfast

Oat Cereal — Creamed Dried Beef
Toasted Bread — Coffee

Luncheon or Supper

Macaroni with Cheese — Rye Bread and Butter
Hot Gingerbread

Dinner

Cold Ham — German Potato Salad
Banana Fritters — Currant Jelly Sauce

April 22

Breakfast

Shredded Wheat Biscuit with Bananas
Corn Cake Coffee

Luncheon or Supper

Ham Omelet Bread and Butter
Ginger Cakes Whipped Cream

Dinner

Fricassee Veal Boiled Potatoes
Boiled Onions Banberry Tarts

April 23

Breakfast

Oat Cereal Dried Apple Sauce
Popovers Coffee

Luncheon or Supper

Baked Eggs Toasted Bread
Irish Moss Blanc Mange

Dinner

Baked Fillets of Halibut White Sauce
Lyonnaise Potatoes Indian Pudding

April 24

Breakfast

Shredded Wheat with Creamed Codfish Coffee

Dinner or Luncheon

White Clear Soup Meat Balls Steamed Rice
Hot Biscuit Cottage Cheese

Dinner or Supper

Baked Beans Steamed Graham Bread
Canned Squash Pie

April 25

Breakfast

Reheated Baked Beans Reheated Brown Bread

Coffee

Dinner

Roast Chicken Gravy Rice Balls

Boiled Spinach

Lemon Sherbet Whipped Cream

Tea

Fried Bananas (Chafing Dish)

Nut Sauce Baking Powder Biscuit

Lemon Sherbet Whipped Cream

April 26

Breakfast

Wheat Cereal Coffee

Reheated Baked Beans Reheated Brown Bread

Luncheon or Supper

Squash Soup Croutons

Spiced Cookies Sliced Bananas

Dinner

Cold Roast Chicken Gravy

Baked Potatoes, in Half Shell

Steamed Cottage Pudding Hard Sauce

April 27

Breakfast

Oat Cereal Bananas

Graham Muffins Coffee

Luncheon or Supper

Macaroni with White Sauce

Raised Buns Cottage Cheese

Dinner

Baked Haddock Fish Stuffing Hollandaise Sauce

Boiled Potatoes Prune Souffle

April 28

Breakfast

Oat Cereal — Creamed Scrambled Eggs
Rye Muffins — Coffee

Luncheon or Supper

Potato Soup — Crisp Crackers
Mocha Cake, Mocha Frosting

Dinner

Hashed Fish — Boiled Spinach
Bread and Butter — Prune and Rhubarb Pie

April 29

Breakfast

Oat Cereal — Baked Potatoes
Oven Broiled Bacon — Coffee

Luncheon or Supper

Spinach Cream Soup — Stewed Prunes and Rhubarb
Spice Cookies

Dinner

Meat Pie — Mocha Cake — Canned Fruit

April 30

Breakfast

Shredded Wheat Biscuit — Dried Apple Sauce
Corn Cake — Coffee

Luncheon or Supper

Emergency Soup — Entire Wheat Baking Powder Biscuit
Rice Pudding

Dinner

Cod Stuffed with Oysters — Butter Gravy
Baked Potatoes
White Mousse — Spice Cookies

April 1

Shredded Wheat Biscuit. Refer to March 20.

Fried Eggs and Bacon

Prepare oven broiled bacon, refer to December 3. Break 4 of Hood's eggs and slip one at a time into the smoking hot fat, in a frying pan. Cook until brown underneath and serve with the bacon.

Baked Potatoes. Refer to November 4.

Coffee. Refer to November 1.

Turnip Cream Soup. Refer to November 12.

Croutons. Refer to November 5.

Coffee Jelly. Refer to November 2.

Lamb Cutlets

Wipe 1½ pounds lamb cut from the forequarter. Dip in crumbs, egg and crumbs, put in baking pan, dot over with Hood's butter and cook about ½ hour in a hot oven.

Tomato Sauce. Refer to December 12.

Steamed Rice. Refer to November 4.

Fried Pancakes

Mix and sift 1¾ cups flour, 3 teaspoons baking powder, ½ teaspoon salt and ¼ cup sugar. Add ⅔ cup Hood's milk and 1 egg well beaten. Drop by spoonfuls into deep fat and fry. Drain on brown paper, serve with

Caramel Syrup

Caramelize ½ cup sugar, refer to caramel custards, February 27, add ½ cup hot water slowly and simmer 5 minutes.

April 2

Oat Cereal. Refer to November 4.

Rice Griddle Cakes. Refer to November 5.

Coffee. Refer to November 1.

Macaroni with Cheese. Refer to December 9.

Stewed Prunes. Refer to December 4.

Baking Powder Biscuit. Refer to November 2.

Planked Fish

Take the skin and bone from a 3 pound haddock, making 2 fillets. Brown in Hood's butter on one side, remove to plank, browned side down, and garnish with souffle potato roses. Cook about 15 minutes under the gas flame, or until the fish is dry and flakes apart. May be cooked in the range oven. Serve with

Hollandaise Sauce. Refer to March 4.

Souffle Potato Roses

Add the whites of 2 of Hood's eggs beaten stiff to 3 hot riced potatoes, with salt, add 2 tablespoons Hood's butter. Beat until light and shape as potato roses, refer to March 25.

Welsh Cheese Cakes

Put 1 of Hood's cottage cheeses through the potato ricer, add ¼ cup sugar, 1 tablespoon Hood's light cream, 1 tablespoon Hood's butter melted, the grated rind and juice of ½ lemon, 2 of Hood's eggs beaten light. Fill into small tins lined with pastry and bake about 15 minutes. Sprinkle with powdered sugar.

April 3

Oat Cereal. Refer to November 4.

Milk Toast. Refer to December 27.

Coffee. Refer to November 1.

Fish Bouillon

Put the skin, bones and trimmings remaining from the planked fish in a saucepan, add ½ onion, bit of bay leaf, 2 cloves, ½ carrot sliced, cover with cold water and simmer 1½ hours, strain through cheese cloth placed over a strainer and season with salt.

Rye Bread

Scald 2 cups Hood's milk, add 2 tablespoons Hood's butter, ⅓ cup brown sugar and 1½ teaspoons salt. When lukewarm add 1 yeast cake dissolved in ¼ cup lukewarm water and 3 cups flour; beat well, cover and let rise until light. Then add about 3 cups rye meal, enough to make a stiff dough; knead, let rise until doubled in bulk, shape into 2 loaves, let rise again and bake about 1 hour in a moderate oven.

Tripe in Batter

Add ¼ cup cold water to 1 of Hood's eggs well beaten, and add gradually to ¾ cup flour, with a few grains salt; add 2 tablespoons Hood's butter melted. Cut 1 pound tripe in pieces for serving, wipe, season with salt, dip in batter and fry in Hood's butter until browned.

Molasses Cookies. Refer to December 15.

Baked Kidney Beans. Refer to December 26.

Brown Bread. Refer to November 7.

Lemon Custard Pie. Refer to November 9.

April 4

Baked Beans Reheated. Refer to November 1.

Brown Bread Reheated. Refer to November 1.

Stewed Prunes. Refer to December 4.

Coffee. Refer to November 1.

Stuffed Roast Veal

Order 6 pound leg of veal, boned. Wipe meat, season with salt, stuff, refer to stuffing November 8, put in baking pan with 4 strips salt pork. Dredge with flour, and roast 3½ hours, basting every 10 minutes, first with 2 tablespoons Hood's butter, melted in ½ cup hot water, then with fat in the pan.

Boiled Onions. Refer to November 8.

Fruit Cream with Whipped Cream.

Prepare vanilla ice cream, refer to November 1, omitting vanilla and adding 1 cup strained peaches or other fruit. When frozen press the cream against the sides of the can, and turn in ½ cup Hood's medium cream, beaten until thick, sweetened and flavored. Pack and let stand 2 hours before serving.

Toasted Bread. Refer to November 1.

Hot Chocolate

Prepare chocolate, refer to children's parties, February, and serve hot.

April 5

Oat Cereal. Refer to November 4.

Potato Cakes. Refer to November 2.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Baked Bean Salad. Refer to December 29.

Cream Oil Dressing

Add ½ cup Hood's medium cream beaten to oil dressing, refer to March 29.

Molasses Cookies. Prepared April 3.

Tea. Refer to November 1.

Cold Roast Veal. Prepared April 4.

Potato Puff. Refer to January 25.

Boiled Spinach. Refer to February 2.

Custard Sauce. Refer to November 2.

Chocolate Cottage Pudding

Cream 2 tablespoons Hood's butter, add ½ cup sugar and the yolk of 1 of Hood's eggs. Mix and sift ⅞ cup flour with 1½ teaspoons baking powder, and add alternately with ½ cup Hood's milk to the first mixture. Beat well, and add 1 square melted chocolate, then add the white of the egg beaten stiff. Bake about ½ hour in a deep pan.

April 6

Oat Cereal. Refer to November 4.

Eggs Scrambled with Tomato

Refer to November 3.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Cheese Cream Soup

Scald 1 quart Hood's milk with 1 slice onion, then remove onion. Melt 3 tablespoons Hood's butter, add 3 tablespoons flour, and gradually the scalded milk. Just before serving add ½ cup Hood's full cream cheese grated and season with salt.

Crisp Crackers. Refer to December 23.

Hot Biscuit. Refer to November 7.

Veal Pot Pie

Cut 1½ cups left over veal into small pieces and lay aside. Put the remainder into a casserole, or heavy earthen baking dish, add 1 onion sliced fine, and 3 raw potatoes cut in dice. Dredge with flour, season with salt, cover with cold water, and put in oven, cover the dish and cook about 3 hours in a moderate oven, 20 minutes before serving time remove the cover, and drop dumpling mixture by spoonfuls onto the pie and bake.

Baked Dumpling. Refer to December 21.

Baked Bananas. Refer to January 30.

Molasses Cookies. Prepared April 3.

April 7

Shedded Wheat Biscuit. Refer to March 20.

Graham Muffins. Refer to November 3.

Coffee. Refer to November 1.

String Bean Salad

Drain and rinse 1 can small green string beans, season with salt and onion juice, arrange on lettuce leaves, and cover with ½ recipe cream oil dressing, prepared April 6.

Entire Wheat Baking Powder Biscuit

Use 1 cup entire wheat flour in place of 1 cup white flour, and proceed as for baking powder biscuit, refer to November 2.

Dried Apple Sauce. Refer to March 10.

Molasses Cookies. Prepared April 3.

Macaroni with Meat

Prepare macaroni as for macaroni with cheese, omitting the cheese, refer to December 9. When ready to serve reheat with 1 ½ cups left over veal.

Tapioca Cream. Refer to December 19.

April 8

Oat Cereal. Refer to November 4.

Oven Broiled Bacon. Refer to December 3.

Baked Potatoes. Refer to November 4.

Coffee. Refer to November 1.

Potato Soup. Refer to January 16.

French Toast

Add ¾ cup Hood's milk to 1 of Hood's eggs slightly beaten, with 1 tablespoon sugar and a few grains salt. Dip slices of stale bread in the mixture and fry in Hood's butter until well browned on both sides. Serve with jelly.

Fish in Ramekins

Prepare fish timbal mixture, refer to March 11, and cook in 8 buttered ramekins set in a dish of hot water in a moderate oven.

Delmonico Potatoes. Refer to January 7.

Dressed Lettuce. Refer to November 9.

Maple Mousse. Refer to March 21.

Molasses Cookies. Prepared April 3.

April 9

Oat Cereal. Refer to November 4.

Creamed Codfish. Refer to November 6.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Grapefruit Salad

Prepare 2 grapefruit and drain, arrange the fruit on lettuce leaves, add 2 tablespoons powdered sugar to fruit juice and pour over the salad.

Toasted Cheese Sandwiches

Refer to December 3.

Cocoa. Refer to December 13.

Hot Cross Buns

Pour 1 cup Hood's milk, scalded, over 3 tablespoons each sugar and Hood's butter and ¼ teaspoon salt. When lukewarm add 1 of Hood's eggs well beaten, 1 yeast cake dissolved in ¼ cup lukewarm water, and 3½ cups flour mixed with ½ teaspoon cinnamon and ¼ cup currants. Beat well, let rise until doubled in bulk, shape into biscuit and cut 2 gashes on top of each one with the scissors, in the shape of a cross, let rise again and bake on an inverted pan in a moderate oven about 25 minutes. Before the baking has finished brush

over with ¼ cup sugar cooked with 2 tablespoons water to a syrup.

Baked Shad Roe

Cook shad roe 10 minutes in boiling water to which has been added 1 teaspoon each salt and vinegar. Drain, put in buttered baking pan, cover with tomato sauce and bake about 25 minutes. Serve with remaining sauce poured over the roe on the platter.

Tomato Sauce. Refer to December 12.

Buttered Potatoes. Refer to January 19.

Banana Pudding. Refer to March 3.

Boiled Custard. Refer to March 3.

April 10

Oat Cereal. Refer to November 4.

Creamed Scrambled Eggs. Refer to January 13.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Broiled Cod Steak

Butter a wire broiler, lay in 1¼ pounds cod steak and broil over a clear fire about 12 minutes, turning frequently, or broil under the gas flame, turning once. Remove to platter, season with salt and spread with 2 tablespoons Hood's butter.

Creamed Potatoes. Refer to November 4.

Hot Biscuit. Refer to November 7.

Grapefruit. Refer to January 3.

Beans Baked with Tomato. Refer to January 16.

Steamed Graham Bread. Refer to January 2.

Loaf Chocolate Cake

Cream ½ cup Hood's butter, add 1½ cups sugar gradually and the yolks of 5 of Hood's eggs, unbeaten; then add 2 squares melted chocolate mixed with ¼ cup hot water. Add ½ cup Hood's milk alternately with 1¾ cups flour mixed and sifted with 2½ teaspoons baking powder, then add the whites of 3 of the eggs beaten stiff. Bake in a loaf in a moderate oven about 50 minutes. Frost with

Marshmallow Frosting

Add 2 tablespoons hot water to ¼ pound marshmallows cut in pieces, and melt over hot water, then add to boiled frosting, refer to January 8.

April 11

Eggs Poached in Cream

Melt 1½ tablespoons Hood's butter, add ⅛ teaspoon salt and a few grains paprika, add ½ small onion sliced thin. When browned remove from the heat, add 1⅓ cups Hood's light cream and heat without boiling, then slip in 4 of Hood's eggs very carefully and cook until the white is set. Serve with

Toasted Brown Bread. Refer to November 2

Grapefruit. Refer to January 3.

Coffee. Refer to November 1.

Roast Chicken. Refer to November 8.

Stuffing. Refer to November 8.

Gravy. Refer to November 8.

Steamed Rice. Refer to November 4.

Dressed Lettuce. Refer to November 9.

Easter Pudding

Prepare chocolate pudding, omitting the chocolate, and adding 1 teaspoon vanilla, refer to March 5, mould in egg cups. When ready to serve remove from the moulds and serve with

Yellow Sauce

Add ½ cup sugar to the yolks of 2 of Hood's eggs. Just before serving pour over ½ cup Hood's milk scalded, add ¼ teaspoon vanilla and a few grains salt.

Chocolate Cake. Prepared April 10.

April 12

Oat Cereal. Refer to November 4.

Rice Griddle Cakes. Refer to November 5.

Coffee. Refer to November 1.

Baked Beans Reheated. Refer to November 1.

Toasted Brown Bread. Refer to November 2

Chocolate Cake. Prepared April 10.

Cold Roast Chicken. Prepared April 11.

French Fried Potatoes. Refer to January 5.

Tartar Sauce

Brown ¼ cup Hood's butter and add to 1 tablespoon each vinegar and Worcestershire sauce mixed with ¼ teaspoon salt.

Creamed Parsnips

Use parsnips in place of turnips, refer to creamed turnips, December 16.

Rhubarb Pie

Skin and cut into small pieces ½ pound rhubarb. Mix ⅞ cup sugar, 2½ tablespoons flour, and 1 egg. Add to the rhubarb, and bake between 2 crusts about 45 minutes.

April 13

Shredded Wheat Biscuit. Refer to March 20.

Corn Cake. Refer to December 1.

Coffee. Refer to November 1.

Macaroni Baked with Cheese

Refer to December 24.

Hot Biscuit. Refer to November 7.

Chocolate Cake. Prepared April 10.

Rhubarb Sauce

Skin and cut in small pieces ½ pound rhubarb. Put in granite saucepan, add ⅓ cup water, ¾ cup sugar, and heat until sugar is dissolved, then put in oven, and cook slowly 2 hours, adding more water if necessary.

Veal Cutlets

Cut 1 pound veal steak into pieces for serving and prepare as lamb cutlets, refer to April 1.

Brown Sauce

Brown 3 tablespoons Hood's butter with 1 slice onion, add 4 tablespoons flour and brown, then add 1½ cups hot water gradually. When thickened cook 5 minutes, then strain and season with salt.

Mashed Potatoes. Refer to November 1.

French Dressing. Refer to November 7.

Lettuce and Walnut Salad

Shred ½ head lettuce, add ½ cup nut meats broken in pieces, and moisten with French dressing.

April 14

Oat Cereal. Refer to November 4.

Fried Potato Cakes. Refer to November 2.

Rye Muffins. Refer to November 7.

Coffee. Refer to November 1.

Potato Soup. Refer to January 16.

Crisp Crackers. Refer to December 23.

Baked Bananas. Refer to January 30.

Chocolate Cake. Prepared April 10.

Baked Creamed Shad Roe

Parboil shad roe as in baked shad roe, refer to April 9. Cut in small pieces, and add to white sauce, refer to November 6. Season with salt and paprika, put in buttered baking dish, cover with ½ cup buttered cracker crumbs, and reheat in a hot oven.

French Rolls

Add 1 tablespoon Hood's butter, ½ teaspoon salt to 1 cup boiling water; when lukewarm add 1 yeast cake dissolved in ¼ cup lukewarm water, and 1½ cups flour, let rise until light, then add about 1½ cups more flour, knead, and when doubled in bulk cut in 24 pieces, shape as biscuits, then roll with the hands 2 inches long. Gash each roll 3 times with the scissors, let rise again, and bake about 15 minutes in a moderate oven.

Pineapple Fritters

Add ½ cup Hood's milk to the yolks of 2 of Hood's eggs or 1 whole egg, and gradually stir into 1 cup of flour which has been sifted with 1½ teaspoons each sugar and baking powder and ¼ teaspoon salt. Let stand a while, then dip into batter slices of pineapple which have been drained. Fry in deep fat and drain on brown paper.

Currant Jelly Sauce

Refer to February 14.

April 15

Oat Cereal

Refer to November 4.

Dropped Eggs on Toast

Add 1 teaspoon salt to 1 quart boiling water in a saucepan, then set where it will not boil. Break 4 of Hood's eggs and slip carefully one at a time into the water. Cook 5 or 6 minutes, until the white is set. Then take out with skimmer and arrange on slices of toasted bread.

Coffee. Refer to November 1.

Potato soup. Refer to January 16.

Crisp Crackers. Refer to December 23.

Reheated French Rolls. Prepared April 14.

Delmonico Potatoes. Refer to January 7.

Creole Steak

Prepare 1 pound top of round steak as broiled steak, refer to January 21. Melt 2 tablespoons Hood's butter,

add 1 slice onion cut fine and 1 cup thick part of canned tomato. Simmer until thick, then season with salt. When ready to serve pour over the steak.

Floating Island

Scald 1 ½ cups Hood's milk and pour over ¼ cup sugar mixed with 2 of Hood's eggs. Cook in the double boiler until the mixture coats the spoon, then strain, add ½ teaspoon vanilla and a few grains salt. Beat the whites of the eggs stiff, drop by spoonfuls onto the custard and brown in the oven. Serve cold.

April 16

Oat Cereal. Refer to November 4.

Creamed Codfish. Refer to November 6.

Baked Potatoes. Refer to November 4.

Coffee. Refer to November 1.

French Dressing. Refer to November 7.

Pineapple Salad

Shred ½ head lettuce, cut 1 cup canned pineapple in small pieces, drain and arrange on the lettuce. Pour over French dressing and garnish with 2 red canned peppers, cut in small pieces.

Nut Souffle

Use 1 cup nut meats broken in pieces in place of fish, refer to fish souffle, January 9.

Entire Wheat Baking Powder Biscuit

Refer to April 7.

Baked Tapioca Pudding

Mix ¼ cup minute tapioca, ½ cup sugar, 2 of Hood's eggs slightly beaten, few grains salt, ½ teaspoon vanilla and 2 cups Hood's milk. Put in baking dish and bake about 1 hour in a moderate oven.

April 17

Oat Cereal. Refer to November 4.

Toasted Bread. Refer to November 1.

Eggs Scrambled with Tomato

Refer to November 3.

Coffee

Refer to November 1.

Dried Beef

Serve ½ package dried beef, arrange on a platter.

Potato Salad. Refer to February 4.

Boiled Cream Dressing. Refer to February 22.

Hot Biscuit. Refer to November 7.

Dried Apple Pie. Refer to March 6.

Baked Beans. Refer to November 7.

Steamed Graham Bread. Refer to January 2.

Sponge Pie

Prepare small angel cakes, refer to March 17. Bake in 2 round cake tins about 15 minutes, and when ready to serve fill with whipped cream, refer to November 4.

April 18

Reheated Baked Beans. Refer to November 1.

Reheated Graham Bread. Refer to November 1.

Coffee. Refer to November 1.

Fricassee of Chicken. Refer to November 15.

Toasted Bread. Refer to November 1.

Steamed Rice. Refer to November 4.

Cold Cabinet Pudding

Prepare boiled custard, refer to March 3. While hot add 2 tablespoons granulated gelatin softened in ¼ cup cold water, then strain. Put a layer of sponge drops in bottom of serving dish and cover with custard; when set add another layer of sponge drops and repeat until the sponge drops and custard have been used. Chill before serving.

Sponge Drops

Beat the whites of 2 of Hood's eggs stiff, add ⅓ cup granulated sugar and continue beating, then add the yolks of 3 of Hood's eggs beaten thick. Fold in ⅓ cup flour and ¼ teaspoon vanilla. Drop by teaspoons onto brown paper placed on an inverted pan and bake about 8 minutes.

Cheese and Jelly Sandwiches

Butter 3 slices of bread, spread 1 slice with Hood's cottage cheese and another with jelly. Put the 3 slices together and cut in strips about 1 inch wide. Prepare the desired number.

Cocoa. Refer to December 13.

Whipped Cream. Refer to November 4.

April 19

Oat Cereal. Refer to November 4.

Rice Griddle Cakes. Refer to November 5.

Coffee. Refer to November 1.

White Cream Soup. Refer to November 2.

Croutons. Refer to November 5.

Rhubarb Jelly

Add 2 tablespoons granulated gelatin softened in ¼ cup cold water to rhubarb sauce, refer to April 13. Mould and chill.

Baking Powder Biscuit. Refer to November 2.

Baked Potatoes. Refer to November 4.

Broiled Ham

Cut 1 slice from ham before boiling. Put in frying pan, cover with cold water and heat slowly for 15 minutes. Then drain and pan broil until brown on both sides, turning constantly.

Lettuce Salad with Boiled Dressing

Shred ½ head lettuce and mix with ½ recipe boiled cream dressing, prepared April 17.

April 20

Wheat Cereal. Refer to November 2.

Toasted Brown Bread. Refer to November 2.

Reheated Beans. Refer to November 1.

Coffee. Refer to November 1.

Stuffed Red Peppers

Drain and rinse 8 red canned peppers. Fill with creamed chicken, refer to February 8. Cover with ½ cup buttered cracker crumbs, put in baking dish and bake 15 minutes in a moderate oven.

Hot Rye Biscuit

Shape rye biscuit, put in muffin pan, let rise, and bake about 25 minutes in a moderate oven.

Cold Rhubarb Pie

Refer to April 12.

Cold Boiled Ham

Cover ham with cold water, bring to the boiling point, boil 5 minutes, then simmer, allowing 25 minutes to the pound. Remove from the water, take off the skin, and cover with fine stale bread crumbs. Bake ¾ hour in a moderate oven.

Spaghetti with Tomato Sauce. Refer to March 1.

Chocolate Bread Pudding. Refer to December 18.

April 21

Oat Cereal. Refer to November 4.

Creamed Dried Beef. Refer to March 20.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Macaroni with Cheese. Refer to December 9.

Rye Bread and Butter. Prepared April 20.

Hot Gingerbread. Refer to November 3.

Cold Ham

Prepared April 20.

German Potato Salad

Cook 5 potatoes with skin left on, and peel while hot. Slice in ¼ inch slices, season with salt. Mix 2 tablespoons vinegar, ¼ cup Hood's butter, melted, and few drops onion juice, blend with the potatoes and reheat in the oven, serving hot.

Banana Fritters. Refer to November 6.

Currant Jelly Sauce. Refer to November 6.

April 22

Shredded Wheat Biscuit. Refer to March 20.

Corn Cake. Refer to December 1.

Coffee. Refer to November 1.

Ham Omelet

Use chopped ham in place of fish and refer to fish omelet, March 18.

Ginger Cakes. Prepared April 22.

Whipped Cream. Refer to November 4.

Fricassee of Veal

Cut 2 pounds knuckle veal into 2 inch pieces, brown in Hood's butter with ½ onion sliced fine, put in kettle with the bone; add 1 quart cold water, bring to the boil, boil 5 minutes, then simmer until the meat is tender. Remove the bone and 1 pint of the stock, season with salt, and thicken the remaining pint of stock with ¼ cup flour diluted with cold water to pour.

Boiled Potatoes. Refer to November 3.

Boiled Onions. Refer to November 8.

Banbury Tarts

Cut in small pieces ½ cup raisins, add ½ cup sugar, 1 of Hood's egg yolks slightly beaten, ½ cracker finely rolled, and the grated rind and juice of ½ lemon, bake as mince turnovers, refer to January 9.

April 23

Oat Cereal. Refer to November 4.

Dried Apple Sauce. Refer to March 10.

Coffee. Refer to November 1.

Popovers

Beat 1 of Hood's eggs until thick to the bottom of the bowl, add ¼ teaspoon salt, and alternately ¼ at a time ⅔ cup each pastry flour and Hood's milk. Beat well with the egg beater. Put ¼ teaspoon butter into each cup, well heated, fill ⅔ with the mixture and bake about 30 minutes in a hot oven.

Baked Eggs

Put 1 tablespoon each Hood's light cream and fine fresh bread crumbs into each of 4 ramekins, then 1 of Hood's eggs in each dish. Season with salt and paprika, and cover each egg with 1 tablespoon more crumbs. Bake about 6 minutes in a moderate oven.

Toasted Bread. Refer to November 1.

Irish Moss Blanc Mange. Refer to February 10.

Baked Fillets Halibut. Refer to November 25.

White Sauce. Refer to November 6.

Lyonnaise Potatoes

Chop fine 2 cups left over potatoes and 1 small onion. Melt 2 tablespoons Hood's butter in a frying pan, turn in the potatoes, moisten with Hood's milk, and cook very slowly 20 minutes, then brown underneath. Fold and turn onto a platter.

Indian Pudding

Refer to November 5.

April 24

Shredded Wheat with Creamed Codfish

Cut 4 shredded wheat biscuits in halves lengthwise, dip in Hood's milk, then pour over creamed codfish, refer to November 6.

Coffee

Refer to November 1.

White Clear Soup

Season with salt the 1 pint of left over veal stock, and clear, refer to tomato and chicken bouillon, November 26.

Meat Balls. Refer to December 22.

Steamed Rice. Refer to November 4.

Hot Biscuit. Refer to November 7.

Baked Beans. Refer to November 7.

Steamed Graham Bread. Refer to January 2.

Canned Squash Pie

Use canned squash in place of boiled squash, and proceed as for squash pie, refer to November 14.

April 25

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Roast Chicken. Refer to November 8.

Gravy. Refer to November 8.

Rice Balls. Refer to February 7.

Boiled Spinach. Refer to February 2.

Lemon Sherbet

Use the juice of 3 lemons in place of orange juice, and prepare as orange sherbet, refer to children's parties, February.

Whipped Cream

Refer to November 4.

Fried Bananas (chafing dish)

Cut 4 bananas in halves lengthwise; melt 1 tablespoon Hood's butter, in blazer of chafing dish, without using the hot water pan. Brown the bananas on both sides, and serve with

Nut Sauce

Add ⅓ cup nut meats broken in small pieces to currant jelly sauce, refer to November 6.

Baking Powder Biscuit

Refer to November 2.

April 26

Wheat Cereal. Refer to November 2.

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Squash Soup. Refer to December 28.

Croutons. Refer to November 5.

Spice Cookies

Omit fruit, and proceed as for hermit cookies, refer to March 13.

Cold Roast Chicken. Prepared April 25.

Gravy. Prepared April 25.

Baked Potatoes in half Shell.

Bake 4 large potatoes, cut in halves lengthwise, scoop out the inside, mash, add 2 tablespoons Hood's butter, Hood's milk to moisten, and season to taste. Beat until light, refill skins and bake about 6 minutes in a moderate oven.

Steamed Cottage Pudding

Omit chocolate and add ¼ cup more flour to chocolate cottage pudding, refer to April 5. Steam 1½ hours, serve with

Hard Sauce

Refer to November 4.

April 27

Oat Cereal. Refer to November 4.

Graham Muffins. Refer to November 3.

Coffee. Refer to November 1.

Macaroni with White Sauce

Omit cheese from macaroni and cheese, refer to December 9, and reheat in white sauce, refer to November 6.

Raised Buns

Before kneading the bread divide into thirds, and to ⅓ add ¼ cup sugar, ¼ cup currants, and 1 of Hood's eggs, slightly beaten, then proceed as for hot cross buns, refer to April 9.

Baked Haddock

Prepare and bake haddock as for haddock with onion dressing, refer to November 3, after stuffing with

Fish Stuffing

Mix 1 cup soft bread crumbs, 3 tablespoons Hood's butter, melted in ¼ cup hot water, ¼ teaspoon each salt and poultry seasoning.

Hollandaise Sauce. Refer to March 4.

Boiled Potatoes. Refer to November 3.

Prune Souffle. Refer to December 29.

April 28

Oat Cereal. Refer to November 4.

Creamed Scrambled Eggs. Refer to December 2.

Rye Muffins. Refer to November 7.

Coffee. Refer to November 1.

Potato Soup. Refer to January 16.

Crisp Crackers. Refer to December 23.

Mocha Cakes

Beat the yolks of 4 of Hood's eggs until thick and lemon colored, add 1 cup sugar gradually and continue beating, then add ¼ cup cold water and beat well. Mix and sift 2 teaspoons baking powder with 3 tablespoons cornstarch and 1 cup flour, and stir into the first mixture; then add the whites of the eggs beaten stiff with ¼ teaspoon salt. Add ½ teaspoon vanilla, and bake about 15 minutes in 4 round cake tins. When cold cut in rounds, using the biscuit cutter, or serve as 2 cakes put together, having 2 layers each, with mocha frosting between and on top of cake.

Mocha Frosting

Cream ⅓ cup Hood's butter washed, add 2 tablespoons cocoa, ¼ cup cold coffee, and confectioner's sugar to make of a consistency to spread.

Hashed Fish. Refer to November 14.

Boiled Spinach. Refer to February 2.

Prune and Rhubarb Pie

Soak ½ pound cleaned prunes in cold water to cover, add 1 pound rhubarb, peeled and cut in small pieces, cover with boiling water, and cook very slowly until the prunes are soft. Sweeten to taste the last half hour of cooking. Bake about ½ the sauce between 2 crusts in a deep pie plate.

April 29

Oat Cereal. Refer to November 4.

Baked Potatoes. Refer to November 4.

Oven Broiled Bacon. Refer to December 3.

Coffee. Refer to November 1.

Spinach Cream Soup

Use 1 cup left over cooked spinach in place of potato and proceed as for potato soup, refer to January 16.

Stewed Prunes and Rhubarb

Prepared April 28.

Spice Cookies. Prepared April 26.

Meat Pie. Refer to November 14.

Mocha Cake. Prepared April 28.

April 30

Shredded Wheat Biscuit. Refer to March 20.

Dried Apple Sauce. Refer to March 10.

Corn Cake. Refer to December 1.

Coffee. Refer to November 1.

Emergency Soup. Refer to November 5.

Entire Wheat Baking Powder Biscuit

Refer to April 7.

Rice Pudding

Refer to December 14.

Cod Stuffed with Oysters

Remove the skin and bone from 1 pound cod steak, making 2 fillets. Season with salt, put 1 fillet in pan on strips of salt pork, lay on the oyster stuffing, using ½ pint oysters, then lay on the stuffing the other fillet of fish. Bake about ½ hour in a moderate oven, basting with the fat in the pan.

Butter Gravy. Refer to November 3.

Baked Potatoes. Refer to November 4.

White Mousse

Beat 1 cup Hood's medium cream until thick, sweeten to taste, add 1 ½ teaspoons vanilla. Pack in equal measures ice and salt and let stand 2 hours.

Spice Cookies

Prepared April 26.

A Perfect Milk is a Perfect Food

"Do not try to keep milk until the next morning that has been taken from the ice box several times during the day and allowed to get warm. Such milk should be set aside in a cold place and kept undisturbed until wanted."

State Board of Agriculture, Nature Leaflet No. 40.

Cost of Living for April

April 1-8

13 quarts milk	$1.17
2½ lbs. butter	.98
2 cottage cheeses	.10
½ lb. full cream cheese	.11
9 half pint jars light cream	.63
1 jar medium cream	.10
2 doz. eggs	.70
Shredded wheat	.08
¼ lb. bacon	.04
Coffee	.28
Sugar	.18
Flour	.20
Potatoes	.10
Salt and spices	.02
2 yeast cakes	.04
Gelatin	.04
Vegetables	.05
1½ lbs. forequarter lamb	.18
Tomato	.03
Rice	.03
Lard	.08
Cereal	.05
Maple syrup	.05
Macaroni	.06
1 lb. prunes	.12
Baking powder	.05
Graham flour	.01
3 lbs. haddock	.24
2 lemons	.04
Rye and Indian meal	.08
1 lb. tripe	.12
Molasses and vinegar	.05
1 qt. beans	.10
Chili sauce	.04
6 lbs. veal, 14 cts.	.84
Peaches	.15
Ice and salt	.05
Chocolate	.08
Oil	.05
Tea	.02
½ pk. spinach	.13
Lettuce and crackers	.18
Bananas	.14
Can string beans	.18
⅓ lb. dried apples	.04
Total for week	$8.01

April 8-15

13 qts. milk	$1.17
2½ lbs. butter	.98
Cottage cheese	.05
½ lb. cheese, full cream	.11
Jar medium cream	.10
8 half pt. jars light cream	.56
2 doz. eggs	.70
Coffee and flour	.48
Sugar	.18
Baking powder	.03
Spices and salt	.02
Potatoes and cereal	.12
¼ lb. bacon	.04
Crackers	.05
Jelly	.05
1 lb. halibut	.25
Maple syrup	.10
Codfish	.02
6 grapefruit	.30
4 yeast cakes	.08
Cocoa	.02
2 shad roe	.50
Tomatoes	.03
1¼ lbs. cod steak	.19
Gelatin	.02
Chocolate	.05
¼ lb. marshmallows	.05
4 lbs. chicken	.72
Lettuce	.08
Cornstarch	.01
Rice	.03
Canned fruit	.10
1 lb. rhubarb	.12
Seasonings	.02
Vegetables	.03
Bananas	.20
4 shredded wheat	.04
Oil	.05
Vinegar	.02
1 lb. veal steak	.30
Walnuts	.05
Molasses	.01
Beans and pork	.12
Meal	.04
Pineapple	.05
Total for week	$8.24

April 15-22

13 qts. milk	$1.17
2½ lbs. butter	.98
8 half pt. jars light cream	.56
2 doz. eggs	.70
1 half pt. jar medium cream	.10
2 cottage cheeses	.10
¼ lb. cheese, full cream	.06
1 lb. top of round	.25
Cereal	.08
Crackers	.10
Potatoes	.10
Tomatoes	.02
Coffee	.28
Flour	.20
Baking powder	.05
Sugar	.18
Spices and salt	.02
Canned fruit	.15
Vanilla	.03
Codfish	.02
Oil	.05
Lettuce	.08
Nuts	.10
Tapioca	.01
Dried beef	.12
⅓ lb. dried apples	.04
Lard	.05
2 yeast cakes	.04
Beans	.08
Rye meal	.04
Graham flour	.02
Pork	.04
Molasses	.05
Vinegar	.01
Jelly	.10
5 lb. fowl	.75
Rice	.03
Gelatin	.02
Maple syrup	.05
1 lb. rhubarb	.12
5 lbs. ham	.75
Can red peppers	.15
Spaghetti	.03
Chocolate	.03
Macaroni	.03
2 bananas	.04
Total for week	$7.98

April 22-30

16 quarts milk	$1.44
3½ lbs. butter	1.37
2 doz. eggs	.70
10 jars light cream	.70
2 jars medium cream	.20
2 cottage cheeses	.10
2 lbs. knuckle veal	.24
Vegetables	.05
Shredded wheat	.12
16 bananas	.25
4 lemons	.08
Coffee and flour	.60
Sugar	.24
Spices and salt	.02
Baking powder	.05
Indian meal	.02
Graham flour	.03
⅔ lb. dried apples	.08
Currants and potatoes	.11
Irish moss	.01
Vanilla	.03
Lard	.03
1 lb. halibut	.20
Codfish	.02
Beans and pork	.16
1 pk. spinach	.25
2 lbs. lower round	.30
2 yeast cakes	.04
Can squash	.12
4 lbs. chicken	.72
Nuts	.03
Tea	.02
Chocolate	.05
Ice and salt	.08
Rice	.03
4 lbs. haddock	.28
1 lb. prunes	.12
Macaroni	.03
Crackers	.08
Rhubarb	.12
Canned fruit	.10
1 lb. cod steak	.15
½ pt. oysters	.10
¼ lb. bacon	.04
Molasses	.02
Total for week	$9.50
Total for month	$33.73

Lowering the Cost

April 1-8

7 half pt. jars light cream	$0.49
Cottage cheese	.05
Medium cream	.10
Coffee	.28
Shredded wheat, 8 cts., use cereal, 2 cts.	.06
Maple syrup	.05
Chili sauce	.04
Spinach	.13
String beans, 18 cts., use potatoes, 2 cts.	.16
	$1.36

April 8-15

7 jars light cream	$0.49
Medium cream	.10
Coffee	.28
Cottage cheese	.05
Jelly	.05
Grapefruit	.30
Marshmallows	.05
Bacon	.04
1 lb. veal, 30 cts., use English beef soup, 8 cts.	.22
	$1.58

Aprfl 15-22

7 jars light cream	$0.49
Coffee	.28
Cottage cheese	.05
Canned fruit	.10
Jelly	.10
Maple syrup	.05
4 lbs. forequarter lamb, 40 cts., for ham, 75 cts.	.35
	$1.42

April 22-30

10 jars light cream	$0.70
Coffee	.35
Oysters	.10
Canned fruit	.10
Bacon	.04
Chocolate	.05
2 jars medium cream	.20
Ice and salt	.03
Use wheat cereal, 4 cts., for shredded wheat, 12 cts.	.08
1½ lbs. forequarter lamb, 15 cts., for knuckle veal, 24 cts.	.09
English beef soup for meat pie	.10
	$1.84
Total for month	$6.20

Individual Cooking for the Convalescent

Farina Soup

Heat 1 cup chicken stock to boiling point, add 1 tablespoon farina and boil 5 minutes. Then add ½ cup Hood's milk scalded, ¼ cup Hood's light cream and season.

Hygienic Soup

Heat 1 cup chicken stock to boiling point, add 1 tablespoon oatmeal and boil 15 minutes, add ⅓ cup Hood's milk, and thicken with 2 teaspoons Hood's butter and flour cooked together. Strain and season.

Grilled Oysters

Wash and pick over ½ pint oysters, put in small omelet pan and as fast as liquor flows remove with a spoon and continue until oysters are plump and edges begin to curl. Sprinkle with salt and pepper, add 1 tablespoon Hood's butter and pour over pieces of toast. Garnish with parsley.

Fish a la Creme

Scald ¼ cup Hood's milk with sprig of parsley and bit of bay leaf. Remove seasoning and use in making white sauce with ½ tablespoon each Hood's butter and flour. Butter serving dish and cover with 3 tablespoons cold flaked fish, cover with ½ of sauce, repeat, and cover top with 2 tablespoons buttered crumbs.

Moulded Fish

Chop fine ¼ pound halibut, add 3 tablespoons Hood's milk, ½ of 1 of Hood's egg yolks, ¼ teaspoon salt, ¼ teaspoon cornstarch, 1½ tablespoons Hood's

thick cream beaten stiff. Turn into a buttered mould and cook in pan of hot water until firm.

Cream Sauce

Cook together ¾ tablespoon each Hood's butter and flour, add ¼ cup Hood's thick cream and 2 tablespoons Hood's milk. Season.

Dainty Omelet

Beat yolk of 1 of Hood's eggs until thick and lemon colored, add a few grains salt and 1 tablespoon Hood's milk, turn into a buttered omelet pan. When set spread over stiffly beaten white of egg. When brown underneath put in oven and finish cooking, then fold and turn.

Zwieback

Dissolve 1 yeast cake in ¼ cup Hood's milk, add ¼ teaspoon salt and ½ cup flour, then let rise until very light, add 2 tablespoons each sugar and Hood's butter melted, 1 of Hood's eggs and the yolk of another and flour enough to handle. Shape as finger rolls. Place close together on buttered sheet, let rise and bake 20 minutes in hot oven. When cold slice and brown evenly in oven.

Wheat Crisps

Cream ½ cup Hood's butter, add 2 tablespoons sugar gradually, ¼ cup Hood's milk, ¾ cup wheat preparation mixed with ⅓ teaspoon salt and flour enough to roll. Shape and bake in slow oven until delicately browned.

Cocoa Jelly

Dissolve 1 ½ teaspoons granulated gelatin soaked in 1 teaspoon cold water, in cocoa made of 1 ½ teaspoons

each cocoa and sugar, and ½ cup boiling water. Strain, mould, and chill. Serve with sugar and Hood's light cream.

Lemon Ice

Boil ¼ cup sugar and ⅔ cup water together 3 minutes, cool, add the juice of 1 lemon, put in heavy glass and set in pan. Pack with 3 parts ice and 1 part coarse fine salt. As mixture begins to thicken stir occasionally and beat with a silver knife

Vanilla Ice Cream

Mix ½ cup Hood's light cream, 1 tablespoon sugar, ¼ teaspoon vanilla and few grains salt. Freeze as lemon ice.

Month of May

Serving

Laying the Table for Breakfast. Dust the table and over the top lay a heavy cloth for the silence cloth. Over this spread the tablecloth, having the fold of the cloth in the centre of the table and at equal distance from the ends. In the centre of the table could be placed a growing plant or cut flowers. The plate of breakfast size and the silver are placed ½ inch from the edge of the table. The decorations of the plate should face the sitter at the table. At the right of the plate and near it place a knife, the cutting edge toward the plate; at the right of the knife lay a dessert spoon for the cereal; at the left of the plate lay a fork with the tines upward. At the point of the knife place a tumbler of water; at the point or left of the fork place a small plate of bread and butter, and across this lay a small knife or spreader. At the left of the fork lay a napkin having 2 open edges on the top of the napkin. Above the plate place a fruit spoon; above this a fruit napkin with a finger bowl beside it, ⅓ filled with tepid water.

Laying the Table for Dinner. The service plate to hold the soup plate replaces the breakfast plate, and is removed with the soup plate for the dinner plate. The finger bowl and bread and butter plate are not placed on the table. The silver is of dinner size; the soup spoon takes the place of the cereal spoon at the right of the knife. Place the forks and spoons necessary for the dinner at the left of the plate, excepting the dessert spoon and fork, which are placed as needed.

Points to be Remembered in Serving

1. The room should be in order, clean, free from dust and well aired, with a temperature of about 70°.

2. The linen, china, glass and silver should be well kept.

3. The plate marks the centre of the cover, and everything should be evenly laid from that.

4. The knives are placed at the right, the forks and spoons at the left of the plate. The cutting edge of the knife is turned toward the edge of the plate; the tines of the forks and the bowls of the spoons are turned upward.

5. Plates, knives, forks and spoons are set ½ inch from the edge of the table, and are arranged in the order of their use, the first used at the greatest distance from the plate.

6. Warm all dishes for hot food, and have the dishes cold for cold food.

7. Fill the glasses ⅔ full of water, and set the bread and butter in place the last thing before announcing that meals are served.

8. Pass all dishes from which food is to be taken to the left of those at table.

9. Set all portions at right of individual for whom they are prepared.

10. In clearing the table for another course, first remove food; second, remove soiled china, glass and silver pertaining to the courses served; third, remove clean china, glasses and silver intended for the courses served.

11. In clearing the table for the sweet course remove as above, including under food, bread, butter and relishes; then free the table from crumbs, using a plate and silver knife for the cloth and a napkin for the polished table top.

"'MID THE DEWS IN THE SUNSHINE OF MORN"

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12. Never remove more than 2 plates at a time, and avoid the piling of silver.

13. Vegetables without dressing or sauce may be served on the dinner plate with the principal dish.

14. Always keep the tumbler of water filled.

May 1

Breakfast

Oat Cereal Bananas
Toasted Bread Coffee

Dinner or Luncheon

Fried Clams Hot Biscuit
Spice Cookies Cottage Cheese

Dinner or Supper

Beans with Olive Oil Brown Bread
Cocoanut Custard Pie

May 2

Breakfast

Reheated Baked Beans Parker House Corn Gems
Coffee

Dinner

Roast Lamb Gravy Roast Potatoes
Beet Greens Banana Ice Cream

Tea

Brown Bread Crackers Hood's Milk

May 3

Breakfast

Wheat Cereal Reheated Beans
Toasted Brown Bread Coffee

Luncheon or Supper

Beet Green Salad Savory French Dressing
Baking Powder Biscuit
Banana Pudding Boiled Custard

Dinner

Curry of Lamb Rice Border Lemon Pie

May 4

Breakfast

Oat Cereal Rice Griddle Cakes
Maple Syrup Coffee

Luncheon or Supper

Corn Custard Hot Biscuit
Lettuce and Red Pepper Salad

Dinner

Minced Lamb on Toast Steamed Graham Pudding
Custard Sauce

May 5

Breakfast

Oat Cereal Creamed Scrambled Eggs
Toasted Bread Coffee

Luncheon or Supper

Potato Soup Crisp Crackers
Butter Cake Confectioner's Frosting

Dinner

Casserole of Stuffed Veal Mashed Potatoes
Creamed Parsnips
Coffee Jelly Boiled Custard

May 6

Breakfast

Oat Cereal Fried Potato Cakes Coffee

Luncheon or Supper

Corn Oysters Maple Syrup
Bread and Butter
Cake Stewed Rhubarb

Dinner

Clam Stew (Chafing Dish)
Red Peppers with Creole Rice Toasted Bread

May 7

Breakfast

Oat Cereal Creamed Codfish
Rye Muffins Coffee

Luncheon or Supper

Creamed Lima Beans Toasted Bread
Cake Canned Fruit

Dinner

Shad Roe Croquettes French Fried Potatoes
Rhubarb Pie

May 8

Breakfast

Wheat Cereal Corn Muffins Coffee

Dinner or Luncheon

Baked Shad Buttered Potatoes
Onion and Lettuce Salad Hot Biscuit

Dinner or Supper

Baked Beans Steamed Graham Bread Sponge Cake

May 9

Breakfast

Fish Cakes with Dropped Eggs
Brown Bread Coffee

Dinner

Fowl Southern Style Spoon Corn Bread
Cottage Cheese and Currant Jelly Salad
Milk Sherbet

Tea

Milk Sherbet Sponge Cake

May 10

Breakfast

Wheat Cereal Reheated Beans
Toasted Brown Bread Coffee

Luncheon or Supper

Moulded Rice Timbals Sponge Cake Canned Fruit

Dinner

Chicken Stew with Peas and Dumplings
Buttermilk Doughnuts Cheese

May 11

Breakfast

Oat Cereal Rice Griddle Cakes
Maple Syrup Coffee

Luncheon or Supper

Spanish Beans Parker House Rolls Buttermilk Doughnuts

Dinner

Veal Loaf Mashed Potatoes Rhubarb Pie

May 12

Breakfast

Wheat Cereal Fried Potato Cakes
Corn Cake Coffee

Luncheon or Supper

Cream of Pea Soup Reheated Parker House Rolls
Stewed Rhubarb Buttermilk Doughnuts

Dinner

Reheated Veal Loaf French Fried Potatoes
Tapioca Cream

May 13

Breakfast

Oat Cereal — Eggs Scrambled with Tomato
Rye Muffins — Coffee

Luncheon or Supper

Omelet — White Sauce — Toasted Bread
Dried Apple Sauce — Buttermilk Doughnuts

Dinner

Fish Chowder — Pickles — Chocolate Mousse

May 14

Breakfast

Oat Cereal — Toasted Bread
Creamed Codfish — Coffee

Luncheon or Supper

Potato Soup — Crisp Crackers
Dried Apple Pie

Dinner

Fish Salad — Boiled Dressing
Baking Powder Biscuit
Cottage Pudding — Custard Sauce

May 15

Breakfast

Shredded Wheat Biscuit — Bananas — Coffee

Dinner or Luncheon

Clam Fritters — Hot Biscuit — Egg Salad

Dinner or Supper

Baked Beans — Brown Bread
Butter Cake — Maple Sugar Frosting

May 16

Breakfast

Reheated Baked Beans Reheated Brown Bread
Bananas Coffee

Dinner

Stewed Fowl Mashed Potatoes
Boiled Spinach Strawberry Short Cake

Tea

Cottage Cheese and Parsley Sandwiches
Hood's Milk

May 17

Breakfast

Oat Cereal Fried Potato Cakes
Broiled Bacon Coffee

Luncheon or Supper

Baked Beans Reheated Toasted Brown Bread
Bermuda Onions with Syrup
Sliced Bananas Cake

Dinner

Individual Chicken Pies Potato Balls
Dates with Whipped Cream

May 18

Breakfast

Cereal with Dates Coffee Rye Muffins

Luncheon or Supper

Beef Broth with Macaroni
Cake Canned Fruit

Dinner

Cold Spiced Beef Mashed Potatoes
Dandelion Greens Rhubarb Pie

May 19

Breakfast

Oat Cereal Milk Toast Coffee

Luncheon or Supper

Tomato Soup with Stock Cheese Croutons
Coffee Souffle

Dinner

Cold Spiced Beef Fried Potato Cakes
Dandelion Salad Tapioca Cream

May 20

Breakfast

Oat Cereal Baked Potatoes
Creamed Dried Beef Coffee

Luncheon or Supper

Creamy Welch Rarebit Stewed Rhubarb
Tea Muffins

Dinner

Planked Shad Potato Roses
Lettuce and Onion Salad
Steamed Fruit Pudding Custard Sauce

May 21

Breakfast

Wheat Cereal Creamed Scrambled Eggs
Corn Cake Coffee

Luncheon or Supper

Potato Soup Crisp Crackers
Popovers with Maple Syrup

Dinner

Broiled Shad Roe Tomato Sauce
French Fried Potato Balls
Dressed Lettuce Rice Pudding

May 22

Breakfast

Shredded Wheat Biscuit

Bananas Coffee

Dinner or Luncheon

Broiled Veal Steak Hot Biscuit Cream Puffs

Dinner or Supper

Baked Beans Steamed Graham Bread

Chocolate Jumbles

May 23

Breakfast

Creamed Beef Toasted Brown Bread Coffee

Dinner

Roast Leg of Veal Mashed Potatoes

Gravy

Lettuce and Green Pepper Salad Strawberry Ice Cream

Tea

Ice Cream Jumbles

May 24

Breakfast

Wheat Cereal Toasted Brown Bread

Reheated Beans Coffee

Luncheon or Supper

Macaroni Baked with Cheese Baked Bananas

Bread and Butter

Dinner

Cold Roast Veal Onion Sauce

Fried Potato Cakes Indian Pudding

May 25

Breakfast

Oat Cereal Milk Toast Coffee

Luncheon or Supper

Spanish Beans Hot Biscuit
Chocolate Jumbles Cottage Cheese

Dinner

Minced Veal on Toast Canned Beet Salad
Banana Shortcake Boiled Custard

May 26

Breakfast

Oat Cereal Baked Potatoes
Creamed Codfish Coffee

Luncheon or Supper

Stuffed Green Peppers Bread and Butter
White Cake Marshmallow Filling

Dinner

Baked Shad Roe Tomato Sauce
French Fried Potatoes Custard Pie

May 27

Breakfast

Wheat Cereal Broiled Bacon
Rye Muffins Coffee

Luncheon or Supper

Baked Creamed Eggs Baking Powder Biscuit
White Cake Cocoa

Dinner

Stuffed Shad Potatoes with Parsley Butter
Coffee Jelly Boiled Custard

May 28

Breakfast

Wheat Cereal — Corn Muffins
Eggs Scrambled with Tomato — Coffee

Luncheon or Supper

Potato Soup with Cheese — Imperial Sticks
Rhubarb Sauce — White Cake

Dinner

Fried Flounders — Boiled Dressing with Oil
Hashed Brown Potatoes — Baked Tapioca Pudding

May 29

Breakfast

Oat Cereal — Creamed Scrambled Eggs
Toasted Bread — Coffee

Dinner or Luncheon

Potato and Beet Salad — Hot Biscuit
Cottage Pudding — Strawberry Sauce

Dinner or Supper

Baked Beans — Brown Bread — Rhubarb Pie

May 30

Breakfast

Reheated Baked Beans — Reheated Brown Bread
Coffee

Dinner

Cold Boiled Tongue — Delmonico Cream Potatoes
Boiled Spinach — Strawberry Whip

Tea

Hulled Corn — Hood's Milk

May 31

Breakfast

Wheat Cereal — Reheated Baked Beans
Toasted Brown Bread — Coffee

Luncheon or Supper

Creamed Cheese — Toasted Bread
Old Fashioned Strawberry Short Cake

Dinner

Cold Boiled Tongue — Creamed Macaroni
Grapefruit Jelly — White Cake

A Perfect Milk is a Perfect Food

"Do not use preservatives for keeping milk. They are unsafe in spite of untrustworthy statements to the contrary. It is decidedly preferable to depend upon ice, cleanliness, and, in extreme cases, sterilization."

State Board of Agriculture, Nature Leaflet No. 49.

May 1

Oat Cereal. Refer to November 4.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Fried Clams

Drain clams, cut out the dark part from the soft part of the clams, and dry between towels. Season with salt, roll in corn meal and fry in deep fat, a few at a time. Drain on brown paper.

Hot Biscuit. Refer to November 7.

Spice Cookies. Prepared April 26.

Beans with Olive Oil

Use ¼ cup olive oil in place of salt pork in baked beans, refer to November 7.

Brown Bread. Refer to November 7.

Cocoanut Custard Pie

Add ⅓ cup cocoanut to custard for custard pie, refer to January 30.

May 2

Reheated Baked Beans. Refer to November 1.

Coffee. Refer to November 1.

Parker House Corn Gems

Cream 3 tablespoons Hood's butter, add ⅓ cup sugar and 3 of Hood's eggs well beaten, and 1 cup Hood's milk. Mix and sift 1 cup each flour and corn meal, 4

teaspoons baking powder and ½ teaspoon salt. Add to first mixture and bake in buttered gem pans in a quick oven. Makes 1 dozen.

Roast Lamb. Refer to November 22.

Roast Potatoes. Refer to November 22.

Beet Greens

Pick over beet greens very carefully and cut the root from the small beets, put in kettle with small amount cold water and cook until soft, season with salt and drain, add 2 tablespoons Hood's butter.

Banana Ice Cream

Rub 4 bananas through a strainer, add to vanilla ice cream before freezing, using ½ tablespoon vanilla, refer to November 1.

May 3

Wheat Cereal. Refer to November 2.

Reheated Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

Coffee. Refer to November 1.

Beet Green Salad

Mix remaining beet greens with French dressing and arrange on lettuce leaves.

Savory French Dressing. Refer to March 18.

Baking Powder Biscuit. Refer to November 2.

Banana Pudding. Refer to March 3.

Boiled Custard. Refer to March 3.

Curry of Lamb

Make a gravy, using lamb fat, refer to November 8, season with salt and curry powder, and reheat in the sauce cold roast lamb cut in small pieces. Serve in a

Rice Border

Prepare steamed rice, refer to November 4, add 2 tablespoons Hood's butter, and use a part for forming a border around the platter.

Lemon Pie. Refer to March 10.

May 4

Oat Cereal. Refer to November 4.

Rice Griddle Cakes. Refer to November 5.

Coffee. Refer to November 1.

Corn Custard

Mix ½ can corn, ½ teaspoon salt, 3 of Hood's eggs slightly beaten and 1 pint Hood's milk. Bake in a moderate oven until firm to the centre.

Hot Biscuit. Refer to November 7.

Lettuce and Red Pepper Salad

Shred ½ head lettuce and cut in strips 4 red canned peppers which have been drained and rinsed. Mix together and pour over

French Dressing. Refer to November 7.

Minced Lamb on Toast

Chop the remaining lamb fine. Put the bone in a kettle, add a pint of cold water and simmer 1 hour. Use the stock for moistening the lamb. Add 2 tablespoons

Hood's butter and season with salt. Serve on toasted bread.

Steamed Graham Pudding. Refer to February 23.

Custard Sauce. Refer to November 2.

May 5

Oat Cereal. Refer to November 4.

Creamed Scrambled Eggs. Refer to December 2.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Potato Soup. Refer to January 16.

Crisp Crackers. Refer to December 23.

Butter Cake. Refer to November 11.

Confectioner's Frosting

Beat the white of 1 of Hood's eggs stiff, add 2 tablespoons Hood's milk, ¼ teaspoon vanilla, ¾ cup confectioner's sugar, beat well and add enough more sugar to make it stiff enough to spread.

Casserole of Stuffed Veal

Order 1 pound veal steak cut ¼ inch thick, and cut in 2 inch strips. Mix 2 tablespoons Hood's butter melted, ½ cup rolled cracker crumbs, season with salt and onion juice. Spread the lower half of each piece of veal with the stuffing, fold the upper half over and fasten with a toothpick. Put in frying pan and brown on both sides. Remove to casserole, or heavy baking dish. Make a brown sauce, using the fat in the pan, having 3 tablespoons, adding 3 tablespoons flour, salt and 1½ cups hot water. Pour over the veal and cook in the oven about 1½ hours.

Mashed Potatoes. Refer to November 1.

Creamed Parsnips. Refer to April 12.

Coffee Jelly. Refer to November 2.

Boiled Custard. Prepared May 3.

May 6

Oat Cereal. Refer to November 4.

Fried Potato Cakes. Refer to November 2.

Coffee. Refer to November 1.

Corn Oysters

Mix ½ can corn, 1 of Hood's eggs, slightly beaten, ⅓ cup flour, ½ teaspoon salt, and few grains paprika, drop by teaspoons on a hot well greased griddle, and cook until brown on both sides. Serve with maple syrup.

Cake. Prepared May 5.

Stewed Rhubarb. Refer to April 13.

Clam Stew

Pick over 1 pint clams, and cut the dark part from the soft part of the clams, add enough water to the clam liquor to make 2 cups, put in the chafing dish with the clams and cook slowly until the clams are soft. Dilute 3 tablespoons flour with cold water to pour, add to the stew, and when thickened add ½ cup Hood's milk and 2 tablespoons Hood's butter, season with salt, and serve with toasted bread, refer to November 1.

Red Peppers with Creole Rice

Prepare peppers as stuffed red peppers, refer to April 20, and fill with ½ the recipe of creole rice, refer to January 29. Bake 15 minutes in a moderate oven.

May 7

Oat Cereal. Refer to November 4.

Creamed Codfish. Refer to November 6.

Rye Muffins. Refer to November 7.

Coffee. Refer to November 1.

Creamed Lima Beans

Cook beans as for stewed lima beans, refer to December 30, and add white sauce, refer to November 6.

Toasted Bread. Refer to November 1.

Cake. Prepared May 5.

Shad Roe Croquettes

Parboil shad roe as for baked shad roe, refer to April 9, cut in small pieces, and add to white sauce prepared as for lamb croquettes, refer to January 12, season with salt and onion juice, and proceed as for lamb croquettes.

French Fried Potatoes. Refer to January 5.

Rhubarb Pie. Refer to April 12.

May 8

Wheat Cereal. Refer to November 2.

Corn Muffins. Refer to December 16.

Coffee. Refer to November 1.

Baked Shad

Order the backbone of the shad removed, put in baking pan on strips of wet cheese cloth, skin side down, season with salt, dot over with 2 tablespoons Hood's butter, and bake about 25 minutes in a hot oven.

Buttered Potatoes. Refer to January 19.

Hot Biscuit. Refer to November 7.

Onion and Lettuce Salad

Cut 2 Bermuda onions in very small bits, shred ½ head lettuce, and mix with the onions, season with salt, and pour over French dressing, refer to November 7.

Baked Beans. Refer to November 7.

Steamed Graham Bread. Refer to January 2.

Sponge Cake

Bake the cake as for mocha cake, refer to April 28, in a cake tin in a sheet about 30 minutes.

May 9

Fish Cakes with Dropped Eggs

Prepare fish balls, refer to November 8, shape in 4 flat round cakes and brown in pork fat. Serve with a dropped egg on top of each cake, refer to April 15.

Brown Bread. Refer to April 7.

Coffee. Refer to November 1.

Fowl Southern Style. Refer to November 1.

Spoon Corn Bread

Stir ¼ cup corn meal into 1 cup boiling water and steam 20 minutes, add ½ teaspoon salt, 1 tablespoon Hood's butter, ⅓ cup Hood's milk, 1 of Hood's eggs well beaten, and ⅔ cup corn meal sifted with 1 teaspoon baking powder. Bake 30 minutes in a buttered baking dish and serve from the dish in which it was cooked.

Cream Cheese and Currant Jelly Salad

Prepare as for cheese and jelly, refer to November 5, arrange on shredded lettuce, and pour over French dressing, refer to November 7.

Milk Sherbet. Refer to November 8.

Sponge Cake. Prepared May 8.

May 10

Wheat Cereal. Refer to November 2.

Reheated Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 1.

Moulded Rice Timbals

Prepare rice as for steamed rice, refer to November 4, pack into timbal moulds, and when cold turn out, scoop out the centres and fill with canned fruit.

Sponge Cake. Prepared May 8.

Chicken Stew with Peas

Cut the left over chicken from the bones, add the left over stock and ½ can drained and rinsed peas, reheat, and thicken with 2 tablespoons flour diluted with cold water to pour, then season with salt.

Dumplings. Refer to December 21.

Buttermilk Doughnuts. Refer to February 6.

May 11

Oat Cereal. Refer to November 4.

Rice Griddle Cakes. Refer to November 5.

Coffee. Refer to November 1.

Spanish Beans

Add 1 cup canned tomato, 1 green pepper, cut fine, ½ small onion, sliced fine, to the left over beans. Cook slowly ½ hour. Season with salt.

Parker House Rolls

Prepare as for luncheon rolls, refer to February 2. Shape ½ as rolls and bake the remainder as a loaf of bread.

Buttermilk Doughnuts

Prepared May 10.

Veal Loaf

Cut 2 pounds knuckle of veal from the bone, put through the meat chopper and use in place of beef, refer to cannelon of beef, November 4.

Mashed Potatoes. Refer to November 1.

Rhubarb Pie. Refer to April 12.

May 12

Wheat Cereal. Refer to November 2.

Fried Potato Cakes. Refer to November 2.

Corn Cake. Refer to December 1.

Coffee. Refer to November 1.

Cream of Pea Soup. Refer to February 25.

Reheated Parker House Rolls

Refer to baking powder biscuit, November 12.

Stewed Rhubarb. Refer to April 13.

Buttermilk Doughnuts. Prepared May 10.

Reheated Veal Loaf

Put the left over veal loaf in the baking pan and reheat about 20 minutes in a hot oven.

French Fried Potatoes. Refer to January 5.

Tapioca Cream. Refer to December 19.

May 13

Oat Cereal. Refer to November 4.

Eggs Scrambled with Tomato

Refer to November 3.

Rye Muffins. Refer to November 7.

Coffee. Refer to November 1.

Omelet. Refer to December 5.

White Sauce. Refer to November 6.

Toasted Bread. Refer to November 1.

Dried Apple Sauce. Refer to March 10.

Buttermilk Doughnuts. Prepared May 10.

Fish Chowder. Refer to December 4.

Chocolate Mousse

Prepare chocolate charlotte, refer to February 15, omitting ½ of the gelatin, turn into a mould, pack in equal measures ice and salt and let stand 3 hours.

May 14

Oat Cereal. Refer to November 4.

Toasted Bread. Refer to November 1.

Creamed Codfish. Refer to November 6.

Coffee. Refer to November 1.

Potato Soup. Refer to January 16.

Crisp Crackers. Refer to December 23.

Dried Apple Pie. Refer to March 6.

Fish Salad

Arrange the left over fish on lettuce leaves, season with salt, and pour over a boiled dressing.

Boiled Dressing. Refer to November 2.

Baking Powder Biscuit. Refer to November 2.

Cottage Pudding

Prepare steamed cottage pudding, refer to April 26, and bake ½ hour in a deep pan in a moderate oven.

Custard Sauce. Refer to November 2.

May 15

Shredded Wheat Biscuit. Refer to March 20.

Coffee. Refer to November 1.

Clam Fritters

Beat 2 of Hood's eggs until light, add ⅓ cup Hood's milk and 1⅓ cups flour, sifted with 2 teaspoons baking powder. Chop 1 pint clams, add ½ teaspoon salt, ¼ teaspoon paprika, and stir into the batter. Drop by spoonfuls into deep fat and fry.

Egg Salad

Cut 4 of Hood's eggs, hard boiled, in halves lengthwise, remove the yolks, mash, moisten with boiled dressing

and season with salt, shape into balls, refill whites, and arrange on lettuce leaves, serve with boiled dressing.

Hot Biscuit. Refer to November 7.

Brown Bread. Refer to November 7.

Baked Beans. Refer to November 7.

Butter Cake

Refer to November 11, and use 1 whole egg and yolks of 2 of Hood's eggs.

Maple Sugar Frosting

Use 1 cup maple sugar broken in small pieces, ⅓ cup water, and proceed as for maple frosting, refer to February 20.

May 16

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Stewed Fowl

Cook fowl as fowl Southern style, refer to November 1, season with salt and thicken stock with flour diluted with cold water to pour.

Mashed Potatoes. Refer to November 1.

Boiled Spinach. Refer to February 2.

Strawberry Shortcake

Hull, wash and cut in small pieces 1 box strawberries, sweeten to taste and warm before using in shortcake. Prepare as orange shortcake, refer to December 14.

Cottage Cheese and Parsley Sandwich

Mash 1 of Hood's cottage cheeses, add 2 tablespoons chopped parsley, and use as filling for sandwiches.

May 17

Oat Cereal. Refer to November 4.

Fried Potato Cakes. Refer to November 2.

Broiled Bacon. Refer to December 3.

Coffee. Refer to November 1.

Baked Beans Reheated. Refer to November 1.

Toasted Brown Bread. Refer to November 1.

Bermuda Onions with Syrup

Soak 3 onions, sliced fine, in cold water 1 hour and drain, boil 5 minutes ½ cup each water and vinegar, ⅓ cup sugar, pour over the onions, season with salt and serve cold.

Sliced Bananas. Refer to January 29.

Cake. Prepared May 15.

Individual Chicken Pies

Cut left over fowl from the bones and into small pieces, put in individual baking dishes, pour over remaining sauce ; add a few drops onion juice and potato balls, parboiled 5 minutes, cover with pastry, refer to November 9, and bake about ½ hour in a moderate oven.

Potato Balls. Refer to January 17.

Dates with Whipped Cream

Parboil 5 minutes ½ pound dates, drain and put in oven to dry, then remove the stones and cut in small pieces. Serve with whipped cream, refer to November 4.

May 18

Cereal with Dates. Refer to January 26.

Coffee. Refer to November 1.

Rye Muffins. Refer to November 7.

Beef Broth with Macaroni

Add ⅓ cup macaroni cooked and cut in small pieces to 1 quart stock left from spiced beef, which has been strained.

Cake

Prepared May 15.

Cold Spiced Beef

Cut 3 pounds lower round steak in small pieces, add 3 pints cold water, 1 onion cut in pieces, 3 cloves, bit of bay leaf, 2 sprigs parsley and 1 teaspoon salt, simmer until the meat is very tender, then cut into shreds, put in a deep pan, add enough of the liquid to moisten, fit on another pan, and press under weight, as with a flatiron, until cold, then remove from the tin and slice thin.

Mashed Potatoes

Refer to November 1.

Dandelion Greens

Cut the roots and buds from 1 peck dandelions, wash, and put in kettle, add water to keep from burning, add 3 slices salt pork, cook until tender, then drain, cut with a knife and fork, and season with salt.

Rhubarb Pie

Refer to April 12.

May 19

Oat Cereal. Refer to November 4.

Milk Toast. Refer to December 27.

Coffee. Refer to November 1.

Tomato Soup with Stock

Use part or all stock in place of water, and proceed as for tomato soup, refer to December 25.

Cheese Croutons. Refer to February 3.

Coffee Souffle

Melt 2 tablespoons Hood's butter, add 3 tablespoons flour, and gradually 1 cup made coffee, then remove from the fire, add ⅓ cup sugar, few grains salt, and the yolks of 3 of Hood's eggs beaten thick, cool, then fold in the whites of the eggs, beaten stiff, and bake about 25 minutes in a moderate oven.

Cold Spiced Beef. Prepared May 18.

Fried Potato Cakes. Refer to November 2.

Dandelion Salad

Dress left over dandelions with French dressing, refer to November 7, and serve on lettuce leaves.

Tapioca Cream. Refer to December 19.

May 20

Oat Cereal. Refer to November 4.

Baked Potatoes. Refer to November 4.

Creamed Dried Beef. Refer to March 7

Coffee. Refer to November 1.

Creamy Welsh Rarebit. Refer to March 28.

Stewed Rhubarb. Refer to April 13.

Tea Muffins

Cream ⅓ cup Hood's butter, add ¼ cup sugar, beat 1 of Hood's eggs, add ¾ cup Hood's milk, and add alternately to the first mixture, with 2 cups flour, 4 teaspoons baking powder, ¼ teaspoon salt, mixed and sifted together. Bake in tin gem pans about 25 minutes. Makes 1 dozen.

Planked Shad.

Prepare and cook shad as for baked shad, refer to May 8, using an oak plank in place of baking pan. When the fish has finished baking garnish with potato roses, refer to March 25, and brown in a hot oven.

Lettuce and Onion Salad. Refer to May 8.

Steamed Fruit Pudding. Refer to November 20.

Custard Sauce. Refer to November 2.

May 21

Wheat Cereal. Refer to November 2.

Creamed Scrambled Eggs. Refer to December 2.

Corn Cake. Refer to December 1.

Coffee. Refer to November 1.

Potato Soup. Refer to January 16.

Crisp Crackers. Refer to December 23.

Popovers with Maple Syrup

Serve hot popovers with maple syrup.

Broiled Shad Roe

Prepare shad roe as for baked shad roe, refer to April 9, and broil over a clear fire or under the gas flame about 12 minutes. Serve with

Tomato Sauce. Refer to December 12.

French Fried Potato Balls

Parboil potato balls 5 minutes in boiling salted water, drain, and let dry; then fry in deep fat, and drain on brown paper, season with salt.

Dressed Lettuce. Refer to November 7.

Rice Pudding. Refer to December 14.

May 22

Shredded Wheat Biscuit. Refer to March 20.

Coffee. Refer to November 1.

Hot Biscuit. Refer to November 7.

Broiled Veal Steak

Cut a slice of veal from the leg. Wipe, and pan broil about 10 minutes, using 2 tablespoons Hood's butter. Season with salt.

Cream Puffs

Put ¼ cup Hood's butter and ½ cup boiling water in a saucepan, when the butter has melted and the water is boiling add ½ cup flour, and stir until the mixture is smooth, then add 1 at a time 2 of Hood's eggs unbeaten, stirring until smooth between the adding of

each egg. Drop from spoon into deep fat, and fry about 8 minutes, and drain on brown paper. Make an opening in each, and put in a teaspoon of Jelly. Makes 9 puffs.

Baked Beans. Refer to November 7.

Steamed Graham Bread. Refer to January 2.

Chocolate Jumbles

Cream ½ cup Hood's butter, add 1 cup sugar, 2 squares melted chocolate, 1 tablespoon Hood's milk, 2 of Hood's eggs well beaten, then add 2 cups flour sifted with 2 teaspoons baking powder. Add enough more flour to stiffen. Chill, shape with a doughnut cutter, sprinkle with sugar, and bake about 8 minutes on inverted pans.

May 23

Creamed Beef. Refer to March 20.

Toasted Brown Bread. Refer to November 2.

Coffee. Refer to November 1.

Roast Leg of Veal

Do not have the veal boned, omit the stuffing and roast as stuffed roast veal, refer to April 4.

Mashed Potatoes. Refer to November 1.

Gravy. Refer to November 8.

Lettuce and Green Pepper Salad

Remove the seeds and veins from 1 green pepper. Parboil 5 minutes in boiling salted water. Cool, cut into strips, mix with ½ head shredded lettuce, and pour over a French dressing, refer to November 7.

Strawberry Ice Cream

Add 1 box strawberries, hulled, washed, mashed, and sweetened to vanilla ice cream, omitting the vanilla, and preparing as ice cream, refer to November 1.

Chocolate Jumbles. Prepared May 22.

May 24

Wheat Cereal. Refer to November 2.

Toasted Brown Bread. Refer to November 2.

Reheated Beans. Refer to November 1.

Coffee. Refer to November 1.

Macaroni Baked. Refer to December 24.

Baked Bananas. Refer to January 30.

Cold Roast Veal. Prepared May 23.

Onion Sauce

Add 3 boiled onions chopped fine to 1 cup white sauce. Refer to November 6.

Fried Potato Cakes. Refer to November 2.

Indian Pudding. Refer to November 5.

May 25

Oat Cereal. Refer to November 4.

Milk Toast. Refer to December 27.

Coffee. Refer to November 1.

Spanish Beans. Refer to May 11.

Chocolate Jumbles. Prepared May 22.

Minced Veal on Toast

Chop veal fine, moisten with Hood's milk, add 2 tablespoons Hood's butter, and season with salt. Stir over the fire until thoroughly heated, and serve on toasted bread.

Canned Beet Salad

Drain and rinse 1 can beets. Chop fine ½ can, season with salt and arrange on lettuce leaves. Cover with French dressing, refer to November 7.

Banana Shortcake

Roll out ½ recipe pastry, refer to November 9, ¼ inch in thickness. Place on a sheet of brown paper in a baking pan, and bake. Place on serving dish, and arrange on the cake 4 bananas cut in halves lengthwise, when cold pour over ½ recipe

Boiled Custard. Refer to March 3.

May 26

Oat Cereal. Refer to November 4.

Baked Potatoes. Refer to November 4.

Creamed Codfish. Refer to November 6.

Coffee. Refer to November 1.

Stuffed Green Peppers

Remove the seeds and veins from 4 green peppers, and parboil 5 minutes in boiling salted water. Add 1 cup fine chopped veal to 1 cup white sauce. Fill into peppers. Cover with buttered cracker crumbs and bake 10 minutes in a hot oven.

White Cake

Cream ⅓ cup Hood's butter, add 1 cup sugar gradually, then add the whites of 3 of Hood's eggs beaten stiff and dry. Mix and sift 1½ cups flour and 2 teaspoons baking powder, and add alternately with ⅓ cup Hood's milk to the first mixture, add ½ teaspoon vanilla and bake in 2 shallow pans about 20 minutes. Put together with

Marshmallow Filling

Heat ¾ cup sugar and ¼ cup Hood's milk to the boiling point and boil 6 minutes, melt ¼ pound marshmallows, cut in pieces, over hot water. Stir until the mixture is smooth, then add the hot syrup gradually, stirring constantly. Beat until of consistency to spread.

Baked Shad Roe. Refer to April 9.

Tomato Sauce. Refer to December 12.

French Fried Potatoes. Refer to January 5.

Custard Pie. Refer to January 30.

May 27

Wheat Cereal. Refer to November 2.

Broiled Bacon. Refer to December 3.

Rye Muffins. Refer to November 7.

Coffee. Refer to November 1.

Baked Creamed Eggs

Cut 4 of Hood's eggs, hard boiled, into eighths lengthwise, pour over white sauce, refer to November 6, cover with ½ cup buttered cracker crumbs and reheat in a hot oven.

Baking Powder Biscuit. Refer to November 2.

White Cake. Prepared May 26.

Cocoa. Refer to December 13.

Stuffed Shad

Prepare fish stuffing, refer to April 27, and bake as haddock with salt pork, refer to November 13.

Potatoes with Parsley Butter

Cream 2 tablespoons Hood's butter, add 1 tablespoon chopped parsley, put in serving dish with hot boiled potatoes and stir until the potatoes are buttered.

Coffee Jelly. Refer to November 2.

Boiled Custard. Prepared May 25.

May 28

Wheat Cereal. Refer to November 2.

Corn Muffins. Refer to December 16.

Eggs Scrambled with Tomato

Refer to November 3.

Coffee. Refer to November 1.

Potato Soup with Cheese

Prepare potato soup, and just before serving add ½ cup Hood's full cream cheese, grated, refer to January 16.

Imperial Sticks

Cut slices of buttered bread in ¼ inch slices, remove the crusts, cut in ¼ inch strips, and brown in the oven, turning once.

Rhubarb Sauce. Refer to April 13.

White Cake. Prepared May 25.

Fried Flounders. Refer to January 19.

Boiled Dressing with Oil

Prepare boiled dressing, refer to November 2, using oil in place of butter.

Hashed Brown Potatoes. Refer to December 24.

Baked Tapioca Pudding. Refer to April 16.

May 29

Oat Cereal. Refer to November 4.

Creamed Scrambled Eggs. Refer to December 2.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Potato and Beet Salad

Cut 4 cold boiled potatoes in cubes, moisten with boiled dressing, and season with salt and onion juice. Chop ½ can beets fine, season with salt, add ¼ cup vinegar and let stand 10 minutes. Mound the potatoes on a serving dish and surround with the chopped beets.

Hot Biscuit. Refer to November 7.

Cottage Pudding. Refer to May 14.

Strawberry Sauce

Hull and wash ½ box strawberries, mash and sweeten to taste, add ½ cup cold water. Put in a canning jar, set on a trivet in a kettle of warm water, and cook slowly ½ hour, then strain through cheese cloth.

Baked Beans. Refer to November 7.

Brown Bread. Refer to November 7.

Rhubarb Pie. Refer to April 12.

May 30

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Cold Boiled Tongue

Wash the tongue, put in kettle, cover with cold water, bring to the boiling point, and simmer 3 or 4 hours or until the tongue is soft. Cool in the water, then remove the skin. Serve cold, sliced thin.

Delmonico Cream Potatoes

Scald ½ pint jar Hood's light cream, add ½ tablespoon flour diluted with cold water to pour, and cook 5 minutes. Then add 2 cups potatoes, cut as for French fried potatoes, and parboiled in boiling salted water 6 minutes or until nearly soft. Cook the potatoes in the sauce 15 minutes, then add ⅓ cup Hood's full cream cheese, grated, and season with salt and paprika.

Boiled Spinach

Refer to February 2.

Strawberry Whip

Sweeten and mash ½ box washed strawberries. Add 1 cup Hood's medium cream beaten until thick. Chill before serving.

Hulled Corn

Refer to March 19.

May 31

Wheat Cereal. Refer to November 2.

Reheated Baked Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

Coffee. Refer to November 1.

Creamed Cheese

Add 1 cup Hood's full cream cheese, grated, to 1 cup white sauce, refer to November 6, serve on toasted bread, refer to November 1.

Old Fashioned Strawberry Shortcake

Use 1 cup Hood's milk in place of ¾ cup in baking powder biscuit, refer to November 2. Turn into buttered baking pan, and bake about 15 minutes. Split, and spread with Hood's butter. Put between and on top of the cake 1 box of strawberries, hulled, washed, mashed and sweetened.

Cold Boiled Tongue. Prepared May 30.

Creamed Macaroni. Refer to April 27.

Grapefruit Jelly

Use grapefruit juice in place of orange juice, and prepare as orange jelly, refer to December 7.

White Cake

Prepared May 25.

Cost of Living for May

May 1-8

2½ lbs. butter	$0.98
13 quarts milk	1.17
9 half pint jars light cream	.63
2 doz. eggs	.70
Cottage cheese	.05
Cereal	.08
Sugar	.18
Coffee	.28
Flour	.20
Spices and salt	.02
Baking powder	.05
Rye meal	.02
Indian meal	.02
Graham flour	.02
2 yeast cakes	04
1 doz. bananas	.20
1 qt. clams	.25
Olive oil	.15
Beans	.08
Cocoanut	.02
5 lbs. lamb	.80
Potatoes	.10
Pk. beet greens	.20
Lettuce	.08
Vinegar	.01
Ice and salt	.05
Crackers	.10
Rice	.05
Gelatin	.02
Lemons	.02
Cornstarch	.01
Maple syrup	.05
Can corn	.12
Red peppers	.15
Vanilla	.01
1 lb. veal steak	.30
Vegetables	.03
Codfish	.02
Lima beans	.03
Canned fruit	.10
Rhubarb, 1 lb.	.08
Shad roe	.25
Lard	.08
Total for week	$7.80

May 8-15

13 qts. milk	$1.17
2½ lbs. butter	.98
2 doz. eggs	.70
9 half pint jars light cream	.63
Pt. buttermilk	.04
Cottage cheese	.05
¼ lb. full cream cheese	.06
Potatoes	.10
Coffee	.28
Flour	.20
Sugar	.18
Baking powder	.03
Vanilla	.02
Spices and salt	.02
Shad	.20
2 yeast cakes	.04
Lettuce	.08
Vegetables	.05
Oil	.10
Beans and pork	.16
Graham flour	.03
Salt fish	.07
5 lbs. fowl	.75
Corn meal	.03
Currant jelly	.05
3 lemons	.07
Cornstarch	.01
Molasses	.02
Cereal and rice	.09
Canned fruit	.10
Can peas	.18
Lard	.08
Maple syrup	.05
Tomatoes	.02
Green pepper	.04
2 lbs. knuckle veal	.24
1 lb. rhubarb	.05
Tapioca	.01
Rye meal	.01
⅔ lb. dried apples	.08
Pickles	.04
Chocolate	.03
4 lbs. haddock	.28
Crackers	.05
½ head lettuce	.04
Total for week	$7.51

May 15-22

12 qts. milk	$1.08
2½ lbs. butter	.98
2 doz. eggs	.70
7 half pint jars light cream	.49
½ pt. jar medium cream	.10
Cottage cheese	.05
¼ lb. full cream cheese	.11
Shredded wheat biscuit	.04
Coffee	.28
Bananas	.20
1 pt. clams	.15
2 yeast cakes	.04
Baked beans	.08
Salt pork	.04
½ lb. maple sugar	.08
Lettuce, 2 heads	.16
Oil	.10
Lard	.08
Flour	.20
Sugar	.18
Rye meal	.01
Indian meal	.03
5 lbs. fowl	.75
½ pk. spinach	.13
Box strawberries	.18
Parsley	.02
Potatoes	.10
Baking Powder	.03
Vanilla	.02
Cereal	.06
¼ lb. bacon	.04
Vegetables	.05
1 lb. dates	.10
3 lbs. lower round	.45
Peck dandelions	.25
1 lb. rhubarb	.05
Tomatoes	.02
Macaroni	.01
Tapioca	.01
½ package dried beef	.06
Vinegar	.03
Currants	.02
Shad with roe	.35
Crackers	.03
Maple syrup	.05
Rice	.01
Spices and salt	.02
Total for week	$8.00

May 22-31

17 qts. milk	$1.53
13 half pt. jars light cream	.91
3½ lbs. butter	1.17
2 doz. eggs	.70
½ pt. jar medium cream	.10
1 cottage cheese	.05
½ lb. full cream cheese	.11
Shredded wheat biscuit	.04
Cereal	.08
Bananas, 1 doz.	.20
1 lb. coffee	.35
Flour and sugar	.44
Baking powder	.05
Spices and salt	.03
Molasses and vinegar	.03
Oil	.10
Crackers	.05
2 yeast cakes	.04
6 lbs. leg of veal	.84
Beans and pork	.24
Rye meal and Indian meal	.07
½ package dried beef	.06
Potatoes	.10
½ doz. green peppers	.25
Ice and salt	.05
3 boxes strawberries	.45
Lettuce	.08
Macaroni	.05
Vegetables	.05
Tomatoes	.03
Can beets	.15
Lard	.05
Codfish	.02
Shad with roe	.35
¼ lb. marshmellows	.08
Vanilla	.02
Parsley	.02
Gelatin	.05
1 lb. rhubarb	.05
2 lb. flounders	.30
Tapioca	.01
⅔ of 4 lb. tongue, 84 cts.	.56
½ pk. spinach	.10
1 qt. hulled corn	.12
2 grapefruit	.15
Total for week	$10.38
Total for month	$33.78

Lowering the Cost

May 1-8

Coffee	$0.28
7 half pt. jars light cream	.49
Cottage cheese	.05
Maple syrup	.05
1 lb. lower round 15 cts., for veal 30 cts.	.15
Canned fruit	.10
Red peppers 15 cts., use creole rice 3 cts.	.12
	$1.24

May 8-15

7 half pt. jars light cream	$0.49
Cottage cheese	.05
Coffee	.28
Currant jelly	.05
Canned fruit	.10
Maple syrup	05
Green pepper	04
Pickles	.04
Chocolate	:03
	$1.13

May 15-22

7 half pt. jars light cream	$0.49
Medium cream	.10
Cottage cheese	.05
Oil	.05
Coffee	.28
Maple sugar	.08
1 head lettuce	.08
Bacon	.04
Currants	.02
Maple syrup	.05
	$1.24

May 22-31

10 half pt. jars light cream	$0.70
Medium cream	.10
Coffee	.35
Dried beef	.06
Green peppers	.25
Parsley	.02
Grapefruit	.15
	1.63
Total for month	$5.24

LOADING SWEET FRAGRANT HAY

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Month of June

FORMAL SERVING

Luncheon and Dinner

In laying the table for formal serving, the plate line extends in from the outer edge of the table from 15 to 18 inches. Inside of this line, place the candles if used, dishes of salted almonds and bonbons. Flowers in the centre of the table should be simply arranged. According to the directions already given for laying the table, set in place the spoon for grapefruit, if served, either above the plate or the first in order on the right; or, in the same place, the fork for the oysters, if served in place of the grapefruit. Lay in their order, the spoon for the soup, fork for the fish, fork for the entree, knife and fork for the principal course, salad fork, tumbler of water, napkin with a piece of bread or roll inserted. The individual butter plate is used in place of the bread and butter plate, but at a very formal dinner butter is not served.

The dessert spoon or fork and the coffee spoon do not appear on the table when laid.

When using the bare table laid with doilies, all of the silver except the first 2 pieces is placed when required for use.

When luncheon or dinner is announced, on the sideboard or serving table should be arranged: an extra supply of bread and butter; olives in a dish on cracked ice; a bottle of water; cruets of oil and vinegar, if used; cut sugar for the coffee; the serving spoons, knives and forks, required for the different courses; coffee cups,

saucers, and spoons ; and dessert spoons or forks. The finger bowls, if used, should be ⅓ filled with warm water, placed in a plate with a doily between. Also have on the serving table a small tray covered with a cloth, and an extra napkin in case of accident.

The dishes required for serving the hot food should be in the warming oven, and for the cold food in a cool place.

When luncheon or dinner is announced, the grapefruit or oysters should be in place, the tumblers filled ⅔ with water, and each place supplied with bread and butter.

In serving the formal luncheon, the hostess should always be served first, as no one should be preferred before the mistress in her own home. At the formal dinner the serving begins at the left or right of the host. If the one at the left of the host is served first with the first course, then the one at the right of the host is served first with the second course, and so continue, always serving the host last.

At a formal dinner or luncheon, while the waitress may bring in from the pantry 2 prepared serving plates, at a time, yet 1 plate is left on the serving table while the other is laid in place from the right hand.

The plates are removed for another course, one at a time and deposited in the pantry.

The service plate which appears on the table to hold the plate for either the oysters or grapefruit is removed with last course before the principal course, to be replaced by either the luncheon or dinner plate.

The same general rules as previously given apply to the serving of either a formal luncheon or dinner.

June 1

Breakfast

Wheat Cereal Rye Muffins Coffee

Luncheon or Supper

Steamed Clams Crackers
Strawberries Hot Biscuit

Dinner

Clam Bouillon Breaded Tongue
Tomato Sauce
Rice Pudding Mashed Potatoes

June 2

Breakfast

Creamed Scrambled Eggs Fried Potato Cakes
Toasted Bread Coffee

Luncheon or Supper

Creamed Vegetables Cheese Croutons
Jelly Roll

Dinner

Baked Swordfish Butter Gravy
Boiled Potatoes Strawberry Shortcake

June 3

Breakfast

Corn Flakes Creamed Fish and Potatoes
Toasted Bread Coffee

Luncheon or Supper

Vegetable Salad Boiled Dressing with Whipped Cream
Jelly Roll Bread and Butter

Dinner

Nut Loaf French Fried Potatoes Rhubarb Pie

June 4

Breakfast

Shredded Wheat Biscuit — Bananas
Corn Cake — Coffee

Luncheon or Supper

Broiled Salt Fish — Baked Potatoes
Entire Wheat Popovers — Rhubarb Sauce

Dinner

Reheated Nut Loaf — Rice Croquettes
Radish and Lettuce Salad — Bread and Butter

June 5

Breakfast

Oat Cereal — Milk Toast — Coffee

Luncheon or Dinner

Potato and Egg Salad — Boiled Dressing
Hot Biscuit — Baked Bananas

Dinner or Supper

Beans Baked with Cream — Brown Bread
Maple Custard Pie

June 6

Breakfast

Fish Balls — Toasted Bread
Rhubarb Marmalade — Coffee

Dinner

Roast Chicken — Stuffing — Gravy
Imitation New Potatoes — Boiled Onions
Marshmallow Ice Cream

Tea

Bananas in Chafing Dish
Currant Jelly Sauce — Toasted Bread

June 7

Breakfast

Oat Cereal Creamed Potatoes
Corn Cake Coffee

Luncheon or Supper

Reheated Beans Toasted Brown Bread
Cottage Cheese Crackers

Dinner

Chicken with Whipped Cream and Horseradish
Delmonico Potatoes Lemon Custard Pie

June 8

Breakfast

Corn Flakes Reheated Baked Beans
Toasted Brown Bread Coffee

Luncheon or Supper

Creamed Asparagus on Toast
Peanut Cookies

Dinner

Baked Stuffed Bluefish Fish Stuffing
Tomato Sauce Boiled Potatoes
Hot Biscuit Rhubarb Marmalade

June 9

Breakfast

Corn Flakes Creamed Potatoes
Rye Muffins Coffee

Luncheon or Supper

Bluefish Salad Sour Cream Dressing
Peanut Cookies Iced Coffee

Dinner

Hamburg Roast Mashed Potatoes
Cottage Pudding Hot Custard Sauce

June 10

Breakfast

Wheat Cereal Fried Potato Cakes
Corn Cake Coffee

Luncheon or Supper

Old Fashioned Strawberry Shortcake
Cottage Cheese Peanut Cookies

Dinner

Cold Hamburg Roast German Potato Salad
Tapioca Cream

June 11

Breakfast

Shredded Wheat Biscuit Bananas
Corn Muffins Coffee

Luncheon or Supper

Egg Salad Sour Cream Dressing
Strawberries Bread and Butter

Dinner

Fried Swordfish Fish Gravy
Boiled Potatoes Rice Pudding

June 12

Breakfast

Corn Flakes Creamed Codfish
Graham Muffins Coffee

Dinner or Luncheon

Baked Mackerel Delmonico Potatoes
Sliced Bananas Hot Biscuit

Dinner or Supper

Baked Beans Steamed Graham Bread
Chocolate Sponge Cake

June 13

Breakfast

Reheated Baked Beans Reheated Brown Bread
Bananas Coffee

Dinner

Fowl Southern Style French Rice
Fried Cheese Balls Strawberry Ice

Tea

Strawberry Ice Chocolate Sponge Cake Hood's Milk

June 14

Breakfast

Toasted Corn Flakes Reheated Baked Beans
Toasted Brown Bread Coffee

Luncheon or Supper

Rice Omelet White Sauce
Toasted English Muffins Rhubarb Marmalade

Dinner

Chicken Stew Dumplings
Asparagus on Toast Hollandaise Sauce

June 15

Breakfast

Shredded Wheat Bananas
Toasted English Muffins Coffee

Luncheon or Supper

Parsley Omelet Hot Biscuit Cottage Cheese

Dinner

Veal Broth with Vegetables Scalloped Rhubarb

June 16

Breakfast

Corn Flakes Milk Toast Coffee

Luncheon or Supper

Asparagus with Melted Butter Toasted Bread
Iced Russian Tea or Hood's Milk Crackers

Dinner

Veal and Vegetable Pie
Banana Pudding Boiled Custard

June 17

Breakfast

Corn Flakes Creamed Scrambled Eggs
Toasted Bread Coffee

Luncheon or Supper

Hulled Corn and Milk
Old Fashioned Strawberry Shortcake

Dinner

Boiled Salmon Egg Sauce Green Peas
Imitation New Potatoes
Banana Shortcake Boiled Custard

June 18

Breakfast

Corn Flakes Creamed Potatoes
Graham Muffins Coffee

Luncheon or Supper

Salmon and Potato Balls Potato Rolls
Creamed Peas Rhubarb Sauce

Dinner

Broiled Schrod Boiled Potatoes
Butter Gravy Tapioca Cream

June 19

Breakfast

Corn Flakes Hashed Fish
Reheated Rolls Coffee

Luncheon or Dinner

Broiled Tripe Delmonico Potatoes
Red Currants Hot Biscuit

Dinner or Supper

Baked Beans Steamed Graham Bread
Cream Cakes Cream Filling

June 20

Breakfast

Reheated Baked Beans Reheated Graham Bread
Coffee

Dinner

Planked Chicken Rice Border
Cucumber Salad Coffee Mousse

Tea

Hood's Milk Crackers Cream Cakes

June 21

Breakfast

Corn Flakes Rice Muffins
Eggs Scrambled with Tomato Coffee

Luncheon or Supper

Baked Bean Salad Boiled Dressing
Toasted Brown Bread Baked Tapioca Pudding

Dinner

Cold Corned Beef Baked Potato Souffle
Mashed Turnips
Strawberries Bread and Butter

June 22

Breakfast

Wheat Cereal Creamed Codfish
Toasted Bread Coffee

Luncheon or Supper

Potato Salad Boiled Dressing
Sliced Pineapple Hot Biscuit

Dinner

Cold Corned Beef Delmonico Potatoes
Steamed Rice Chocolate Syrup

June 23

Breakfast

Corn Flakes Rice Muffins
Creamed Scrambled Eggs
Coffee

Luncheon or Supper

Baked Macaroni Pineapple and Strawberry Salad
Graham Scones

Dinner

Corned Beef and Green Pepper Hash
Bread and Butter Strawberry Cream

June 24

Breakfast

Corn Flakes Omelet White Sauce
Toasted Bread Coffee

Luncheon or Supper

Stuffed Peppers Currant Jelly Toasted Bread

Dinner

Broiled Mackerel Boiled Potatoes
New Beets Baked Bananas Bread and Butter

June 25

Breakfast

Shredded Wheat Biscuit
Bananas Corn Cake Coffee

Luncheon or Supper

Asparagus and Egg Salad Cream Mayonnaise Dressing
Bread and Butter Rhubarb Marmalade

Dinner

Baked Salmon Creamed Potatoes
Old Fashioned Strawberry Shortcake

June 26

Breakfast

Corn Flakes Milk Toast Coffee

Luncheon or Dinner

Meat Balls Hot Biscuit
Banana Salad Mayonnaise Dressing

Dinner or Supper

Beans Baked with Onion
Brown Bread Baked Custards

June 27

Breakfast

Baked Beans Reheated Brown Bread Reheated
Coffee

Dinner

Boiled Ham Sweet Rice Croquettes
Radish and Lettuce Salad Cherry Pie

Tea

Lettuce Sandwiches Hood's Buttermilk or Milk

June 28

Breakfast

Corn Flakes Baked Beans Reheated
Toasted Brown Bread Coffee

Luncheon or Supper

Cheese Souffle Toasted Bread
Stewed Prunes Sugar Cookies

Dinner

Broiled Ham Mashed Potatoes
Tomato Salad Boiled Dressing
Baking Powder Biscuit

June 29

Breakfast

Shredded Wheat Biscuit with Creamed Codfish
Coffee

Luncheon or Supper

Vegetable Salad Boiled Dressing
Hot Biscuit Jellied Prunes
Sugar Cookies

Dinner

Cold Ham Fried Potato Cakes
Cottage Pudding Hot Custard Sauce

June 30

Breakfast

Corn Flakes Eggs and Ham Shirred
Bread and Butter Coffee

Luncheon or Supper

Creamed Vegetables Toasted Bread
Cottage Cheese Sugar Cookies

Dinner

Baked Swordfish Butter Gravy
Boiled Potatoes Tapioca Cream

June 1

Wheat Cereal. Refer to November 2.

Rye Muffins. Refer to November 7.

Coffee. Refer to November 1.

Steamed Clams

Wash and scrub 3 quarts clams in the shell. Put in kettle with ½ cup cold water, bring quickly to the boiling point, cover and steam until the shells open wide. Serve accompanied with Hood's butter melted.

Hot Biscuit

Refer to November 7.

Clam Bouillon

Strain the liquid remaining from steamed clams through cheese cloth; season with salt and paprika, and serve very hot in small cups.

Breaded Tongue

Slice the left over tongue in ¼ inch slices, dip in crumbs, Hood's egg and crumbs; put in baking pan, dot over with Hood's butter, and bake about 20 minutes in a hot oven. Serve with

Tomato Sauce. Refer to December 12.

Mashed Potatoes. Refer to November 1.

Rice Pudding. Refer to December 14.

June 2

Creamed Scrambled Eggs. Refer to December 2.

Fried Potato Cakes. Refer to November 2.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Creamed Vegetables

Prepare a double recipe white sauce, refer to November 6, and reheat in the sauce ½ can or 1 cup each peas and string beans. Season with salt and paprika, and cook in the double boiler 10 minutes.

Cheese Croutons. Refer to February 3.

Jelly Roll

Prepare sponge cake, refer to May 8, bake in a hot oven in a dripping pan. Turn out on a towel, cut off the edges, spread with jelly, and roll up in the towel.

Baked Swordfish

Wipe 1 pound swordfish, cut ½ inch in thickness. Season with salt, roll in corn meal, place in baking pan, on strips of salt pork, and bake about ½ hour in a hot oven.

Butter Gravy. Refer to November 3.

Boiled Potatoes. Refer to November 3.

Strawberry Shortcake. Refer to May 16.

June 3

Creamed Fish and Potatoes

Cut left over fish and potatoes in cubes, add to white sauce, refer to November 6, using also any left over butter gravy.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Vegetable Salad

Arrange 1 cup each string beans and peas, seasoned with salt, on lettuce leaves. Cover with boiled dressing.

Boiled Dressing with Whipped Cream

Prepare boiled dressing, refer to November 2, and when cold add ½ cup Hood's medium cream, beaten thick.

Jelly Roll. Prepared June 2.

Nut Loaf. Refer to March 5.

French Fried Potatoes. Refer to January 5.

Rhubarb Pie. Refer to April 12.

June 4

Shredded Wheat Biscuit. Refer to March 20.

Corn Cake. Refer to December 1.

Coffee. Refer to November 1.

Broiled Salt Fish

Soak ½ pound salt fish, cut in 1 piece, 1 hour in lukewarm water. Drain, put in baking pan, dot over with 1 tablespoon Hood's butter, and bake about 15 minutes in a hot oven.

Baked Potatoes

Refer to November 4.

Entire Wheat Popovers

Use half entire wheat and half white flour, and proceed as for popovers, refer to April 23.

Rhubarb Sauce

Refer to April 13.

Reheated Nut Loaf. Prepared June 3.

Rice Croquettes. Refer to November 16.

Radish and Lettuce Salad

Cut 1 bunch of washed radishes in thin slices, and mix with ½ head shredded lettuce; pour over French dressing, refer to November 7.

June 5

Oat Cereal. Refer to November 4.

Milk Toast. Refer to December 27.

Coffee. Refer to November 1.

Potato and Egg Salad

Garnish potato salad, refer to November 19, with 2 of Hood's eggs, hard boiled, and cut in slices.

Boiled Dressing. Prepared June 3.

Hot Biscuit. Refer to November 7.

Baked Bananas. Refer to January 30.

Beans Baked with Cream

Add ½ pint jar Hood's light cream to baked beans, refer to November 7, the last hour of cooking.

Brown Bread

Refer to November 7.

Maple Custard Pie

Use ½ cup maple syrup in place of sugar. The whites of 2 of Hood's eggs may be used in place of 1 egg.

June 6

Fish Balls. Refer to November 8.

Toasted Bread. Refer to November 1.

Rhubarb Marmalade

Remove the peel from 6 oranges, and cook slowly until soft. Cool, remove the white portion with a spoon, and cut the yellow portion into strips. Take the orange pulp out from between the sections of membrane, and put in saucepan with 3 pounds rhubarb, peeled and cut in ½ inch pieces. Boil 20 minutes, then add 6 cups sugar, the prepared peel, and cook slowly 2 hours. Cool and bottle.

Coffee. Refer to November 1.

Roast Chicken. Refer to November 8.

Stuffing. Refer to November 8.

Gravy. Refer to November 8.

Imitation New Potatoes

Pare small potatoes, and soak 1 hour in cold water. Drain, put in kettle with 1 teaspoon salt, 1 cup Hood's milk, and cover with boiling water. Cook until soft, then drain, and dry in oven.

Boiled Onions. Refer to November 8.

Marshmallow Ice Cream

Add ¼ pound marshmallows cut in small pieces to vanilla ice cream after freezing, refer to November 1.

Bananas Fried (chafing dish) refer to April 25.

Currant Jelly Sauce. Refer to November 6.

Toasted Bread. Refer to November 1.

June 7

Oat Cereal. Refer to November 4.

Creamed Potatoes. Refer to November 4.

Corn Cake. Refer to December 1.

Coffee. Refer to November 1.

Reheated Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

Chicken with Whipped Cream and Horseradish

Chop the left over chicken fine, add ¼ cup horseradish drained, and 1 cup Hood's medium cream, beaten thick, and folded in carefully. Season with salt.

Delmonico Potatoes. Refer to January 7.

Lemon Custard Pie. Refer to November 9.

June 8

Reheated Baked Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

Coffee. Refer to November 1.

Creamed Asparagus on Toast

Wash 1 bunch asparagus, snap off the tough ends and discard. Break the stalks into inch pieces, reserving the tips, put the stalks into boiling salted water, and cook uncovered about 20 minutes or until nearly tender, then add the tips and finish cooking. Drain, arrange on toasted bread, and pour over white sauce, refer to November 6.

Peanut Cookies

Cream ¼ cup Hood's butter, add ½ cup sugar and 1 of Hood's eggs well beaten. Mix and sift 1 cup flour and 2½ teaspoons baking powder, add alternately with ⅓ cup Hood's milk to the first mixture, add 1 cup shelled peanuts, cut in small pieces. Chill, then drop by teaspoons onto inverted buttered pans and bake in a hot oven.

Baked Stuffed Bluefish

Stuff 3 pounds bluefish and bake as stuffed haddock, refer to November 3.

Fish Stuffing. Refer to April 27.

Tomato Sauce. Refer to December 12.

Boiled Potatoes. Refer to November 3.

Hot Biscuit. Refer to November 7.

Rhubarb Marmalade. Prepared June 6.

June 9

Creamed Potatoes. Refer to November 4.

Rye Muffins. Refer to November 7.

Coffee. Refer to November 1.

Bluefish Salad

Prepare bluefish as for fish salad, refer to May 14, mix with dressing, and arrange on lettuce leaves.

Sour Cream Dressing

Cream together ¼ cup each sugar and Hood's butter, 1 tablespoon each salt, flour and mustard, and few grains cayenne. Scald ½ pint jar Hood's light cream which

has been soured. Add the yolks of 2 of Hood's eggs to the first mixture with the scalded cream. Cook over hot water, stirring constantly until the mixture begins to thicken, then add ½ cup vinegar, gradually, stirring constantly and finish thickening. Strain and cool.

Peanut Cookies. Prepared June 8.

Iced Coffee

Add ½ pint jar Hood's light cream to 3 cups coffee, cool, and when ready to serve add a small piece chopped ice.

Hamburg Roast

Order 2 pounds lower round steak, put through the meat chopper. Shape in a roll, put in baking pan, bake about 35 minutes in a hot oven, basting with Hood's butter melted.

Mashed Potatoes. Refer to November 1.

Cottage Pudding. Refer to May 14.

Hot Custard Sauce. Refer to November 2.

June 10

Wheat Cereal. Refer to November 2.

Fried Potato Cakes. Refer to November 2.

Corn Cake. Refer to December 1.

Coffee. Refer to November 1.

Old Fashioned Strawberry Shortcake

Refer to May 31.

Peanut Cookies

Prepared June 8.

Cold Hamburg Roast. Prepared June 9.

German Potato Salad. Refer to April 21.

Tapioca Cream. Refer to December 19.

June 11

Shredded Wheat Biscuit. Refer to March 20.

Corn Muffins. Refer to December 16.

Coffee. Refer to November 1.

Egg Salad. Refer to May 15.

Sour Cream Dressing. Prepared June 9.

Fried Swordfish

Wipe 1 pound swordfish, season with salt, roll in corn meal, and fry in salt pork fat, slowly, until brown on one side, then turn and brown other side.

Fish Gravy

Add enough Hood's butter to fat in the frying pan to make 3 tablespoons, add 3 tablespoons flour and brown, then add gradually 1½ cups hot water; boil 5 minutes, season with salt, and strain over fish.

Boiled Potatoes. Refer to November 3.

Rice Pudding. Refer to December 14.

June 12

Creamed Codfish. Refer to November 6.

Graham Muffins. Refer to November 3.

Coffee. Refer to November 1.

Baked Mackerel

Bake mackerel 25 minutes, as baked shad, refer to May 8.

Delmonico Potatoes. Refer to January 7.

Sliced Bananas. Refer to January 29, omitting nuts.

Hot Biscuit. Refer to January 7.

Baked Beans. Refer to November 7.

Steamed Graham Bread. Refer to January 2.

Chocolate Sponge Cake

After mixing add 2 squares of melted chocolate to sponge cake, refer to May 8. Bake 35 minutes in a shallow cake pan.

June 13

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Fowl Southern Style. Refer to November 1.

French Rice

Wash 1 cup rice, put in a saucepan with 1 teaspoon salt and 2 quarts boiling water. Boil 30 minutes or until soft. The last ten minutes of cooking add 1 cup Hood's milk. Drain the rice. The water may be added to the stock in which the fowl is cooking.

Fried Cheese Balls

Mix 1 cup Hood's full cream cheese grated, 1 tablespoon flour, few grains each salt and paprika, and the

whites of 2 of Hood's eggs beaten stiff. Shape in small balls, the size of marbles, roll in cracker crumbs, and fry in deep fat.

Strawberry Ice

Use 1 box of strawberries, hulled, washed, and rubbed through a strainer, in place of oranges, and prepare as orange sherbet, refer to children's parties, February.

Chocolate Sponge Cake

Prepared June 12.

June 14

Reheated Baked Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

Coffee. Refer to November 1.

Rice Omelet. Refer to March 8.

White Sauce. Refer to November 6.

Toasted English Muffins. Refer to January 28.

Rhubarb Marmalade. Prepared June 6.

Chicken Stew. Refer to December 21.

Hollandaise Sauce. Refer to March 11.

Asparagus with Hollandaise

Wash 1 bunch asparagus, and snap off the tough ends. Cook standing upright in boiling salted water 20 minutes, having the tips out of water. The last 5 minutes cook with the tips under the water. Remove from the water, lay on two slices of buttered toast, and remove the string, pour over Hollandaise sauce. Refer to March 4.

June 15

Shredded Wheat. Refer to March 20.

Toasted English Muffins. Prepared June 14.

Coffee. Refer to November 1.

Parsley Omelet

Prepare omelet, refer to December 5, cut and fold the whites into the yolks, with 1 tablespoon finely chopped parsley.

Hot Biscuit. Refer to November 7.

Veal Broth with Vegetables

Wipe and cut 3 pounds knuckle veal in small pieces; put in kettle with 2 quarts cold water. Bring to the boiling point, let boil 5 minutes, then simmer 1½ hours, add 1 turnip and carrot cut in small dice, and 2 onions cut fine, cook until the vegetables are soft, adding more water, if necessary, to have 2 quarts. Remove to a baking dish enough of the vegetables and meat, covered with the broth, for a pie. Thicken the remainder with 2 tablespoons Hood's butter melted, and blended with 2 tablespoons flour. Season with salt.

Scalloped Rhubarb

Butter 6 slices stale bread with Hood's butter. Arrange in layers in a baking dish, cover each layer with rhubarb sauce, using for the recipe ½ pound rhubarb. Bake about 1 hour in a moderate oven.

June 16

Milk Toast. Refer to December 27.

Coffee. Refer to November 1.

Asparagus with Melted Butter

Cook asparagus as asparagus June 14. Lay on toasted bread, and pour over 2 tablespoons Hood's butter, melted.

Iced Russian Tea

Prepare tea, refer to November 1; when ready to serve, add a small piece of ice, and serve with a slice of lemon in each cup.

Veal and Vegetable Pie

Use the veal and vegetables left from veal broth, season with salt, cover with ½ the recipe pastry, refer to November 9, and bake about ¾ of an hour in a moderate oven.

Banana Pudding. Refer to March 3.

Boiled Custard. Refer to March 3.

June 17

Creamed Scrambled Eggs. Refer to December 2.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Hulled Corn and Milk. Refer to March 19.

Old Fashioned Strawberry Shortcake

Refer to May 31.

Boiled Salmon

Prepare boiled salmon as boiled fish, refer to November 6.

Egg Sauce

Add 1 of Hood's eggs, hard boiled and chopped fine, to white sauce, refer to November 6.

Green Peas

Shell ½ peck green peas, put in kettle, cover with boiling water, add 1 teaspoon salt and a few of the young green pods. Cook uncovered until tender. Remove the pods, drain, add 2 tablespoons Hood's butter, ½ cup Hood's milk if desired, and season with salt.

Imitation New Potatoes. Refer to June 6.

Banana Shortcake. Refer to May 25.

Boiled Custard. Prepared June 16.

June 18

Creamed Potatoes. Refer to November 4.

Graham Muffins. Refer to November 3.

Coffee. Refer to November 1.

Salmon and Potato Balls

Flake in small pieces the left over salmon, add an equal quantity hot mashed potatoes, season with salt, and add if necessary enough Hood's milk to shape into balls, allowing 1 rounding tablespoon for each ball. Dip in crumbs, the whites of 2 of Hood's eggs, or 1 whole egg, to which has been added 2 tablespoons cold water, then in crumbs again. Fry in deep fat and drain on brown paper.

Potato Rolls

Add 1 cup Hood's milk scalded to 2 tablespoons each sugar and Hood's butter, ½ teaspoon salt and ½ cup hot mashed potato. When lukewarm add the white of 1 of Hood's eggs, beaten stiff, 1 yeast cake dissolved in ¼ cup lukewarm water, and 1¼ cups flour. Beat well, let rise until light, then add enough flour to knead.

Knead, let rise until doubled in bulk, shape into 24 round biscuits, let rise again, and bake about 25 minutes on an inverted pan, without touching.

Creamed Peas. Refer to February 15.

Rhubarb Sauce. Refer to April 13.

Broiled Schrod

Order a 2 pound schrod split, wipe, put on well buttered broiler, and broil over a clear fire about 15 minutes, or until the fish is dry and flakes apart. Remove to platter, season with salt, and spread with Hood's butter. May be broiled under the gas flame.

Boiled Potatoes. Refer to November 3.

Butter Gravy. Refer to November 3.

Tapioca Cream. Refer to December 19.

June 19

Hashed Fish. Refer to November 14.

Reheated Rolls. Refer to November 12.

Coffee. Refer to November 1.

Broiled Tripe. Refer to January 21.

Delmonico Potatoes. Refer to January 7.

Red Currants

Strip 1 box red currants from the stems, put in strainer, wash, then put in serving dish, sweeten and let stand 2 hours before serving.

Hot Biscuit. Refer to November 7.

Baked Beans. Refer to November 7.

Steamed Graham Bread

Refer to January 2.

Cream Cakes

Prepare a double recipe cream puffs, refer to May 22. Drop from the tablespoon onto an inverted unbuttered pan, making 18 cakes. Bake about ½ hour in a moderate oven, until the cake feels hollow when taken in the hand. Cool, cut a gash in the side and fill with

Cream Filling

Mix ½ cup sugar, 2½ tablespoons flour, 1 of Hood's eggs unbeaten, and 1 cup Hood's milk scalded. Cook in the double boiler 10 minutes, stirring constantly until the mixture thickens and afterwards occasionally. Cool, add a few grains salt and ½ teaspoon vanilla.

June 20

Reheated Baked Beans. Refer to November 1.

Reheated Graham Bread. Refer to November 1.

Coffee. Refer to November 1.

Planked Chicken

Prepare chicken as baked broiler chicken, refer to May 18. After cooking transfer to plank, spread with Hood's butter, surround with rice, and cook 10 minutes in a hot oven.

Rice Border. Refer to May 3.

Cucumber Salad

Chill 1 cucumber, pare, mark lengthwise with a silver fork, then cut into thin slices, arrange on ½ head shredded lettuce, add a few drops onion juice, and pour over French dressing, refer to November 7.

Coffee Mousse. Refer to March 11.

Cream Cakes. Prepared June 19.

June 21

Rice Muffins. Refer to February 4

Eggs Scrambled with Tomato
Refer to November 3.

Coffee. Refer to November 1.

Baked Bean Salad
Mix baked beans with boiled dressing, add a few drops onion juice and arrange on lettuce leaves.

Boiled Dressing. Refer to November 2.

Toasted Brown Bread. Refer to November 2.

Baked Tapioca Pudding. Refer to April 16.

Cold Corned Beef. Refer to February 8.

Mashed Turnips. Refer to November 6.

Baked Potato Souffle
Cut 4 baked potatoes in halves lengthwise, add 2 tablespoons Hood's butter, the whites of 2 of Hood's eggs beaten stiff, season with salt, refill the skins, and bake about 8 minutes in a hot oven.

June 22

Wheat Cereal. Refer to November 2.

Creamed Codfish. Refer to November 6.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Potato Salad. Refer to November 19.

Boiled Dressing. Refer to November 2.

Hot Biscuit. Refer to November 7.

Sliced Pineapple

Cut a pineapple in slices, and with another knife pare and cut out the core. Put the slices of pineapple in a serving dish, sprinkling each layer with sugar, let stand 2 hours before serving.

Cold Corned Beef. Serve cold, refer to February 8.

Delmonico Potatoes. Refer to January 7.

Steamed Rice. Refer to November 4.

Chocolate Sauce

Mix ½ cup sugar, ½ tablespoon cornstarch, add 1 square Baker's chocolate and ¾ cup hot water. Stir until the chocolate is melted, then boil about 5 minutes or until the syrup is thick.

June 23

Rice Muffins. Refer to February 4.

Creamed Scrambled Eggs. Refer to December 2.

Coffee. Refer to November 1.

Baked Macaroni. Refer to December 24.

Pineapple and Strawberry Salad

Cut pineapple in small pieces, and ½ box strawberries in slices, using a silver knife, arrange on shreded lettuce, and sprinkle with powdered sugar.

Graham Scones

Mix and sift 1 cup each graham and white flour, 4 teaspoons baking powder, 1 teaspoon each salt and sugar, add ½ cup Hood's light cream gradually, and 1 of Hood's eggs well beaten. Mix, turn out on floured board, roll ¼ inch in thickness, cut in 3 inch squares, put on an inverted buttered baking pan, brush over with Hood's milk, and bake about 12 minutes in a hot oven.

Corned Beef and Green Pepper Hash

Prepare corned beef hash, omitting onion, and adding 2 green peppers, prepared, parboiled 5 minutes, and chopped fine, refer to February 10.

Strawberry Cream. Refer to May 30.

June 24

Omelet. Refer to December 5.

White Sauce. Refer to November 6.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Stuffed Peppers. Refer to May 26.

Toasted Bread. Refer to November 1.

Currant Jelly

Pick over currants, but do not remove from stems. Put a few in a granite preserving kettle and mash, and continue until the desired amount has been used. Cook slowly until the currants look dry, then drain through cheese cloth several hours. Measure the juice, bring to the boiling point, add an equal amount of granulated sugar, which has been heated in the oven, boil rapidly

5 minutes, or until the mixture will jell when a little has been dropped on a cold plate. Turn into glasses, and set in a sunny place for 24 hours.

Broiled Mackerel

Wash and wipe a mackerel, put in frying pan, and pan broil, using enough Hood's butter to prevent the fish burning. When the fish is dry and flakes apart season with salt, and remove to platter.

New Beets

Put new beets in boiling salted water, and boil about 1 hour, or until the beets are soft. Drain, cover with cold water, and peel.

Boiled Potatoes. Refer to November 3.

Baked Bananas. Refer to January 30.

June 25

Shredded Wheat Biscuit. Refer to March 20.

Corn Cake. Refer to December 1.

Coffee. Refer to November 1.

Asparagus and Egg Salad

Cook 1 bunch asparagus, arrange on lettuce leaves, garnish with 2 of Hood's eggs hard boiled and cut in slices, and salad dressing.

Cream Mayonnaise Dressing

Add ½ cup Hood's medium cream, beaten thick, to quick mayonnaise dressing, refer to December 8.

Rhubarb Marmalade

Prepared June 6.

Baked Salmon

Order 1 pound salmon cut in ½ inch slices, put in baking dish on strips of wet cheese cloth, season with salt, and bake about 20 minutes, or until the fish is dry and flakes apart.

Creamed Potatoes. Refer to November 4.

Old Fashioned Strawberry Shortcake

Refer to May 31.

June 26

Milk Toast. Refer to December 27.

Coffee. Refer to November 1.

Meat Balls. Refer to December 22.

Hot Biscuit. Refer to November 7.

Banana Salad

Arrange 4 sliced bananas on shredded lettuce and cover with

Mayonnaise Dressing. Prepared June 25.

Beans Baked with Onion

Add 1 onion cut fine to beans, before baking, refer to November 7.

Brown Bread. Refer to November 7.

Baked Custards. Refer to November 7.

June 27

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Boiled Ham. Refer to April 20.

Sweet Rice Croquettes

Add ¼ cup sugar to rice while cooking, and prepare as rice croquettes, refer to November 16. Shape in round balls, omitting currant jelly in the serving.

Radish and Lettuce Salad. Refer to June 4.

Cherry Pie

Prepare pastry, and bake the filling between 2 crusts, using for filling 1 pint of cherries stoned, 3 tablespoons cold water, ½ cup sugar mixed with 1 tablespoon flour, and few grains salt.

Lettuce Sandwiches

Spread slices of bread with Hood's butter, and put together in pairs with a lettuce leaf between which has been sprinkled with salt.

June 28

Reheated Baked Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

Coffee. Refer to November 1.

Cheese Souffle. Refer to November 3.

Toasted Bread. Refer to November 1.

Stewed Prunes. Refer to December 4.

Sugar Cookies. Refer to November 1.

Broiled Ham. Refer to April 19.

Mashed Potatoes. Refer to November 1.

Tomato Salad

Cover tomatoes with boiling water, let stand 5 minutes, then peel and slice. Chill, arrange on lettuce leaves, sprinkle with salt and garnish with dressing.

Boiled Dressing. Refer to November 2.

Baking Powder Biscuit. Refer to November 2.

June 29

Shredded Wheat Biscuit with Creamed Codfish

Refer to April 24.

Coffee. Refer to November 1.

Vegetable Salad. Refer to June 3.

Boiled Dressing. Prepared June 28.

Hot Biscuit. Refer to November 7.

Jellied Prunes. Refer to December 5.

Sugar Cookies. Prepared June 28.

Cold Ham. Refer to April 20.

Fried Potato Cakes. Refer to November 2.

Cottage Pudding. Refer to May 14.

Hot Custard Sauce. Refer to November 2.

June 30

Eggs and Ham Shirred

Put 1 tablespoon Hood's light cream in each of 4 individual baking dishes, then 1 of Hood's eggs in each

dish, and 2 tablespoons finely chopped ham. Bake in a moderate oven until the egg is set, season with salt.

Coffee. Refer to November 1.

Creamed Vegetables. Refer to June 2.

Sugar Cookies. Prepared June 28.

Butter Gravy. Refer to November 3.

Boiled Potatoes. Refer to November 3.

Tapioca Cream. Refer to December 19.

A Perfect Milk is a Perfect Food

H. P. Hood & Sons have always maintained the highest standard in the quality of their dairy products and sell milk, cream and butter at the lowest price for which a PURE, CLEAN and SAFE article can be put upon the market.

Cost of Living for June

June 1-8

12 qts. milk	$1.08
10 half pt. jars light cream	.70
2 half pt. jars medium cream	.20
2 doz. eggs	.70
2½ lbs. butter, at 34 cts.	.85
¼ lb. full cream cheese	.06
1 cottage cheese	.05
Cereal and rye meal	.08
Corn meal	.04
Coffee	.28
Sugar	.18
Flour	.20
3 qts. clams in shell	.21
Baking powder	.02
Spices and salt	.02
Molasses and vinegar	.02
Potatoes	.08
⅓ tongue	.28
2 yeast cakes	.04
Tomato	.02
Rice	.03
1 can peas	.18
1 can string beans	.18
Currant jelly	.05
1 lb. swordfish	.15
Radishes	.05
Lettuce	.05
Oil	.05
Strawberries	.30
1 lb. rhubarb	.03
Saltfish	.10
Walnut meats	.10
Lard	.05
1 doz. bananas	.20
Shredded wheat	.04
Salt pork and beans	.14
4 lb. chicken	.80
Vegetables	.03
Ice and salt	.05
Maple syrup	.05
Rhubarb marmalade	.05
Horseradish	.04
1 lemon	.02
Crackers	.05
¼ lb. marshmallows	.08
Total for week	$7.98

June 8-15

12 qts. milk	$1.08
2½ lbs. butter	.85
9 jars light cream	.63
2 doz. eggs	.70
½ lb. full cream cheese	.11
Cottage cheese	.05
Cereal	.08
Flour	.20
Sugar	.18
Baking powder	.05
Spices and salt	.02
Potatoes	.10
2 bunches asparagus	.30
3 lbs. bluefish	.45
Tomatoes	.02
Rhubarb marmalade	.08
Peanuts	.05
Rye meal	.01
Coffee	.31
Vinegar	.03
Molasses	.02
Lettuce	.05
2 lbs. lower round	.30
Vanilla	.02
Corn meal	.02
3 boxes strawberries	.45
Oil	.05
Tapioca	.01
Shredded wheat	.04
1 doz. bananas	.20
1 lb. swordfish	.15
Rice	.04
Salt pork	.06
Codfish	.02
Graham flour	.03
Mackerel	.25
Beans	.08
Cornstarch	.01
Chocolate	.05
5 lb. fowl	.75
Ice and salt	.05
1 lemon	.02
Total for week	$7.97

June 15-22

12 qts. milk	$1.08
2½ lbs. butter	.85
2 doz. eggs	.70
Cottage cheese	.05
¼ lb. full cream cheese	.10
½ pt. jar medium cream	.10
7 half pint jars light cream	.49
Cereal	.08
Flour	.20
Sugar	.18
Baking powder	.03
Parsley	.01
Spices and salt	.02
Asparagus	.15
Tomatoes	.02
3 yeast cakes	.06
Coffee	.28
Vinegar	.01
Vanilla	.02
Corn meal	.02
2 boxes strawberries	.30
Oil	.05
Tapioca	.02
Shredded wheat	.04
1 doz. bananas	.20
Rice	.03
Rhubarb, 1 lb.	.03
Potatoes	.10
Salt pork	.04
Codfish	.03
Graham flour	.03
Beans	.08
Ice and salt	.04
3 lbs. knuckle veal	.36
Vegetables	.06
Tea	.02
1 qt. hulled corn	.12
½ pk. peas	.25
2 lbs. salmon	.60
Lard	.05
2 lbs. schrod	.24
1 lb. tripe	.12
Box currants	.15
2½ lbs. chicken, at 23 cts.	.58
Cucumber and lettuce	.12
½ lb. crackers	.05
⅓ of 5 lbs. corn beef, 70 cts.	.24
Total for week	$8.40

June 22-30

3½ lbs. butter	$1.19
2½ doz. eggs	.88
14 qts. milk	1.26
9 half pint jars light cream	.63
½ pt. jar medium cream	.10
½ lb. full cream cheese	.11
Cottage cheese	.05
1 qt. buttermilk	.07
Codfish and 3 yeast cakes	.10
Potatoes	.10
Coffee	.35
Pineapple	.15
Vanilla	.02
Spices and salt	.03
Baking powder and rice	.08
⅔ of corned beef	.46
Chocolate and cereal	.11
2 boxes strawberries	.30
Macaroni	.03
6 peppers	.25
Graham flour	.02
Mackerel and beets	.30
Bananas	.20
Shredded wheat	.08
Oil	.05
Rhubarb marmalade	.04
1 lb. salmon	.30
Bunch asparagus	.15
1 lb. lower round	.15
Corn meal	.02
Beans and pork	.12
Rye meal and molasses	.03
Sugar and flour	.49
5 lbs. ham	.70
Currant jelly	.05
Lard	.05
Radishes	.05
2 heads lettuce	.10
1 pt. cherries	.10
1 lb. prunes	.12
Tomatoes	.10
Vinegar	.03
Can peas and can beans	.36
1 lb swordfish	.15
Tapioca	.01
Total for week	$10.04
Total for month	$34.39

Lowering the Cost

June 1-8

8 jars light cream	$0.56
Coffee	.28
2 jars medium cream	.20
Currant jelly	.05
Radishes	.05
Maple syrup	.05
Rhubarb marmalade	.05
Horseradish (serve chicken sliced)	.05
Marshmallows	.08
Total for week	$1.37

June 8-15

8 jars light cream	$0.56
Coffee	.31
1 bunch asparagus	.15
Rhubarb marmalade	.08
Chocolate	.05
1 box strawberries	.15
Total for week	$1.30

June 15-22

Coffee	$0.28
7 jars light cream	.49
1 yeast cake, omitting potato balls	.04
Tea	.02
Use 2 lbs. halibut, 40 cts., in place of salmon, 60 cts.	.20
Cucumber	.07
Use 2 lbs. baked bluefish, 30 cts., in place of chicken, 58 cts.	.28
Total for week	$1.38

June 22-30

1 lb. coffee	$0.35
9 half pt. jars light cream	.63
1 qt. buttermilk	.07
Chocolate	.03
Beets	.05
Rhubarb marmalade	.04
Use 1 lb. cod steak, 15 cts., in place of salmon, 30 cts.	.15
Currant jelly	.05
Radishes	.05
Omit asparagus, 15 cts., use potatoes, 2 cts.	.13
Omit 6 peppers, 25 cts., use macaroni, 3 cts.	.22
Total for week	$1.77
Total for month	$5.82

Ladies' Four Course Luncheon

Clam Bouillon. Refer to June 1.

French Fried Potato Balls. Refer to May 21.

Brown Sauce. Refer to April 13.

Fillet of Beef

Prepare the fillet for serving and lard with salt pork. Dredge with flour and bake about ½ hour, basting frequently. Season with salt when half cooked. Serve with peas, carrots cut in strips, potato balls and brown sauce.

Lobster Salad

Remove the meat from a 2 pound lobster, chop fine, and mix with an equal amount of finely cut celery. Arrange on lettuce leaves and garnish with

Mayonnaise Dressing. Refer to December 8.

Cafe Parfait

Boil 1 cup sugar and ¼ cup black coffee to the thread degree, and make a custard using the yolks of 6 of Hood's eggs. When cold add 1 pint of Hood's heavy cream whipped solid with ¼ cup black coffee. Pack in mould and let stand 4 hours in ice and salt.

Small Angel Cakes. Refer to March 17.

Clear Soup Stock

Cut 4 pounds of shin bone in small pieces and brown ⅓ of it in a little marrow, from the marrowbone. To the remainder of the meat add 4 pints of cold water and let stand ½ hour; add the browned meat; bring slowly to the boiling point and let simmer about 3

hours; then add 1½ tablespoons each carrot, turnip, onion and celery, 1½ teaspoons salt, 4 cloves, ¼ bay leaf, a sprig of parsley, 1½ teaspoons sweet herbs; let simmer 1 hour longer; strain, cool, and clear, allowing the white and shell of 1 egg for each quart of stock.

Croutons of Bread. Refer to November 5.

Lobster Cutlets

To each cup chopped lobster meat add ¼ teaspoon salt, few grains cayenne and nutmeg, ½ teaspoon each lemon juice and finely chopped parsley, yolk of 1 of Hood's eggs and ½ cup scant of white sauce made of ½ cup Hood's milk, 1¼ tablespoons butter and 2 tablespoons cornstarch; cool, dip in crumbs, egg and crumbs, fry in deep fat and drain. Serve with

Sauce Tartare. Refer to January 15

Luncheon Rolls. Refer to May 11

Stewed Mushrooms

Saute the mushrooms broken in small pieces in a little of Hood's butter. Add Hood's light cream to more than half cover mushrooms, and cook very gently for 20 minutes.

Puff Paste Patties

Prepare as pastry, refer to November 9, using 1 cup Hood's butter washed and 2 cups flour. Roll out ½ inch in thickness and cut out as tarts, refer to December 26. Bake 25 minutes in a moderate oven.

Black Coffee

Double the amount of coffee used in preparing breakfast coffee, refer to November 1.

Cheese and Jelly. Refer to November 5.

Memoranda

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Month of July

Afternoon Tea Serving

In serving afternoon teas, the arrangement should be as simple as possible. The serving should be dainty rather than elaborate. In serving tea or chocolate, the cup should never be filled more than two thirds full. The spoon should be placed in the saucer at the right of the cup with the handle of the spoon placed in the same direction as the handle of the cup. In passing, the handle of the cup and the spoon should face the one to whom the cup and saucer is served.

Chocolate is better prepared several hours before serving time and then reheated.

Tea should be freshly made, and served very hot or else ice cold.

Sandwiches may be prepared several hours before serving time and wrapped in a cloth wrung dry out of hot water. If tied with a ribbon, do not tie until serving time. The sandwich rolled, and wrapped in a wet cloth will hold in shape. For a formal serving crackers serve better and sandwiches with a cream filling should be avoided.

The informal serving even admits of a light fruit salad, buttered muffins, toasted bread and marmalade, which are desirable only when the guests are seated. Small cakes or cookies serve better than cut cake.

July 1

Breakfast

Corn Flakes Creamed Potatoes
White Muffins Coffee

Luncheon or Supper

Stewed Asparagus Toasted Bread
Buttermilk Hot Gingerbread

Dinner

Baked Mackerel Buttered Potatoes
Pickled Beets Tapioca Cream

July 2

Breakfast

Corn Flakes Baked Potatoes
Creamed Codfish Coffee

Luncheon or Supper

Banana and Walnut Salad French Dressing
Buttermilk Rolls Cheese and Jelly

Dinner

Broiled Bluefish Creamed Potatoes
Ginger Cakes Whipped Cream

July 3

Breakfast

Shredded Wheat Biscuit Bananas
Reheated Buttermilk Rolls Coffee

Dinner or Luncheon

Bluefish and Egg Salad
Boiled Dressing Hot Biscuit
Raspberries with Medium Cream

Dinner or Supper

Baked Beans Brown Bread Lemon Filled Cake

July 4

Breakfast

Reheated Baked Beans Reheated Brown Bread
Bananas Coffee

Dinner

Steamed Salmon
Salad Dressing Sauce New Boiled Potatoes
Green Peas Strawberry Ice Cream
Angel Cakes

Tea

Crackers Hood's Milk
Ice Cream Angel Cakes

July 5

Breakfast

Corn Flakes Hashed Brown Potatoes
Creamed Scrambled Eggs Coffee

Luncheon or Supper

Baked Bean Salad Toasted Brown Bread
Lemon Filled Cake Iced Tea

Dinner

Creamed Salmon and Peas Toasted Bread
Old Fashioned Strawberry Shortcake

July 6

Breakfast

Corn Flakes Milk Toast Coffee

Luncheon or Supper

Cheese Souffle Hot Biscuit
Milk Sherbet Cake

Dinner

Salt Fish with Salt Pork
Boiled Potatoes Butter Gravy
New Beets Milk Sherbet

July 7

Breakfast

Corn Flakes Hashed Fish
Toasted Bread Coffee

Luncheon or Supper

Rice with Cheese Rhubarb Marmalade
Baking Powder Biscuit

Dinner

Baked Flounders New Potatoes
Salad Dressing Sauce Cherry Pie

July 8

Breakfast

Corn Flakes Creamed Potatoes
Graham Muffins Coffee

Luncheon or Supper

Creamed Asparagus Toasted Bread
Cheese and Jelly Crackers

Dinner

Broiled Finnan Haddie
Mashed Potatoes Raspberry Shortcake

July 9

Breakfast

Grape Nuts Potato Puff
Rye Muffins Coffee

Luncheon or Supper

Asparagus Omelet Toasted English Muffins
Rhubarb Marmalade

Dinner

Asparagus Soup Fish Hash
Pickled Beets Bread and Butter

July 10

Breakfast

Corn Flakes Toasted English Muffins
Bananas Coffee

Dinner or Luncheon

Tripe with Brown Sauce Hot Biscuit
Baked Cherry Pudding Custard Sauce

Dinner or Supper

Beans with Olive Oil Brown Bread
Sour Cream Cookies

July 11

Breakfast

Reheated Baked Beans Reheated Brown Bread
Bananas Coffee

Dinner

Pressed Chicken
Potato Salad Boiled Dressing
Coffee Ice Cream

Tea

Crackers Hood's Milk
Ice Cream Cookies

July 12

Breakfast

Shredded Wheat Bananas Coffee

Luncheon or Supper

Cold Baked Beans
Brown Bread and Lettuce Sandwiches
Cookies Rhubarb Marmalade

Dinner

Pressed Chicken Salad
Boiled Dressing Toasted Bread
Rice Pudding

July 13

Breakfast

Shredded Wheat with Creamed Codfish Coffee

Luncheon or Supper

Left Over Chicken Soup with Rice
Hot Biscuit Hot Gingerbread

Dinner

Baked Bluefish with Egg Sauce
Boiled Potatoes Currant Pie

July 14

Breakfast

Corn Flakes Red Currants
Toasted Bread Coffee

Luncheon or Supper

Creamed Potatoes with Cheese Cold Gingerbread
Red Raspberries

Dinner

Bluefish Souffle Spider Corn Cake
Irish Moss Blanc Mange

July 15

Breakfast

Shredded Wheat Biscuit Bananas
Rye Muffins Coffee

Luncheon or Supper

Cheese Milk Toast Rhubarb Marmalade

Dinner

Flounders Stuffed with Mashed Potatoes
Boiled Onions Chocolate Tapioca Cream

July 16

Breakfast

Corn Flakes Potato Puff
Toasted Bread Coffee

Luncheon or Supper

Banana and Nut Salad Quick Mayonnaise Dressing
Red Raspberries Bread and Butter

Dinner

Delmonico Finnan Haddie Baking Powder Biscuit
Sour Milk Gingerbread

July 17

Breakfast

Corn Flakes Bananas
Toasted Bread Coffee

Luncheon or Dinner

Salt Fish Chowder Health Biscuit
Lettuce and Walnut Salad French Dressing

Dinner or Supper

Beans Baked with Cream
Health Bread Sour Milk Gingerbread

July 18

Breakfast

Reheated Baked Beans Toasted Health Bread
Coffee

Dinner

Cold Boiled Tongue
Steamed Rice French Spinach
Maple Ice Cream

Tea

Hood's Milk Crackers

July 19

Breakfast

Corn Flakes Rice Muffins
Creamed Scrambled Eggs Coffee

Luncheon or Supper

Cold Baked Beans Bread and Butter
Buttermilk Coffee Bread

Dinner

Cold Boiled Tongue
Mashed Potatoes Creamed Turnips
Blackberry Shortcake

July 20

Breakfast

Corn Flakes Fried Potato Cakes
Toasted Bread Coffee

Luncheon or Supper

Cheese Omelet White Sauce
Bread and Butter Coffee Bread
Red Raspberries Whipped Cream

Dinner

Tongue and Beet Hash Hot Raised Muffins
Cottage Cheese and Jelly

July 21

Breakfast

Corn Flakes Scrambled Eggs on Toasted Bread
Coffee

Luncheon or Supper

Broiled Tomatoes Bread and Butter Baked Custards

Dinner

Baked Mackerel Buttered Potatoes
Cream Sponge Pie Cream Filling

July 22

Breakfast

Corn Flakes Creamed Potatoes
Rye Muffins Coffee

Luncheon or Supper

Cream Toast Rhubarb Marmalade Cream Cakes

Dinner

Baked Swordfish
Boiled Potatoes Butter Gravy
Cucumber and Green Pepper Salad
Bread and Butter French Dressing

July 23

Breakfast

Corn Flakes Blueberry Griddle Cakes Coffee

Luncheon or Supper

Cream Fish and Potatoes Blueberry Muffins
Cream Cakes

Dinner

Baked Stuffed Haddock Boiled Potatoes
Hollandaise Sauce with Vinegar Coffee Mousse

July 24

Breakfast

Corn Flakes Broiled Potatoes
Broiled Salt Fish Coffee

Dinner or Luncheon

Scalloped Fish
Hot Biscuit Blueberry Pudding
Custard Sauce

Dinner or Supper

Baked Beans with Butter Baked Brown Bread
Cup Custards

July 25

Breakfast

Reheated Baked Beans Reheated Brown Bread
Coffee

Dinner

Cold Braised Fowl Gravy
String Beans Steamed Rice
Raspberry Sherbet

Tea

Crackers Hood's Milk Raspberry Sherbet

July 26

Breakfast

Corn Flakes Creamed Scrambled Eggs
Rice Muffins Coffee

Luncheon or Supper

Reheated Baked Beans Toasted Brown Bread
Sliced Pineapple Bread and Butter

Dinner

Cold Braised Fowl Gravy Mashed Potatoes
Creamed String Beans Cheese and Jelly
Crackers

July 27

Breakfast

Corn Flakes Coffee
Fried Potato Cakes Graham Muffins

Luncheon or Supper

Baked Macaroni with Cheese
Hot Biscuit Pineapple and Nut Salad
French Dressing

Dinner

Chicken Stew with Dumplings Cream Jelly
Butter Cake Confectioner's Frosting

July 28

Breakfast

Shredded Wheat Biscuit

Bananas Toasted Bread

Coffee

Luncheon or Supper

Green Peas with Cream Bread and Butter

Cake Iced Tea

Dinner

Baked Bluefish Tomato Sauce

Mashed Potatoes Blueberry Pie

July 29

Breakfast

Corn Flakes Eggs Scrambled with Tomato

Toasted Bread Coffee

Luncheon or Supper

Cheese Potato Puff

Sliced Bananas Bread and Butter

Cake

Dinner

Broiled Bluefish Baking Powder Biscuit

Pickled Beets Custard Pie

July 30

Breakfast

Corn Flakes Bananas

Toasted Bread Coffee

Luncheon or Supper

Eggs Baked in Tomatoes Reheated Baking Powder Biscuit

Cottage Cheese Crackers

Dinner

Baked Fillets Halibut

Creamed Potato Balls Apple Rice Pudding

July 31

Breakfast

Corn Flakes Blueberry Griddle Cakes Coffee

Dinner or Luncheon

Oven Broiled Forequarter Chops
Hashed Brown Potatoes Hot Biscuit
Blueberries

Dinner or Supper

Baked Beans with Butter Brown Bread Baked
One Crust Apple Pie

A Perfect Milk is a Perfect Food

"Do not leave uncovered milk in an ice box with strong scented foods, as it absorbs odors readily. The refrigerator should be *clean and sweet.*"

State Board of Agriculture, Nature Leaflet No. 40.

July 1

Creamed Potatoes. Refer to November 4.

White Muffins. Refer to November 17.

Coffee. Refer to November 1.

Stewed Asparagus with Melted Butter
Refer to June 14.

Toasted Bread. Refer to November 1.

Hot Gingerbread. Refer to November 3.

Hood's Buttermilk
Serve to each one a glass of Hood's fresh buttermilk cold.

Baked Mackerel. Refer to June 12.

Buttered Potatoes. Refer to January 19.

Pickled Beets. Refer to January 23.

Tapioca Cream. Refer to December 19.

July 2

Baked Potatoes. Refer to November 4.

Creamed Codfish. Refer to November 6.

Coffee. Refer to November 1.

French Dressing. Refer to November 7.

Banana and Walnut Salad
Add ½ cup nut meats to banana and lettuce salad, refer to February 3.

Buttermilk Rolls. Refer to February 26.

Cheese and Jelly. Refer to November 5.

Broiled Bluefish

Broil 3 pounds bluefish, as broiled cod steak, refer to April 10.

Creamed Potatoes. Refer to November 4.

Ginger Cakes. Refer to November 4.

Whipped Cream. Refer to November 4.

July 3

Shredded Wheat Biscuit. Refer to March 20.

Reheated Buttermilk Rolls

Refer to reheated baking powder biscuit, November 12.

Coffee

Refer to November 1.

Bluefish and Egg Salad

Flake left over bluefish in small pieces, arrange on lettuce leaves, cover with ½ the recipe boiled dressing, and garnish with 2 of Hood's eggs hard boiled and cut in slices.

Boiled Dressing. Refer to November 2.

Hot Biscuit. Refer to November 7.

Raspberries with Medium Cream

Pick over and wash the raspberries, using 1 pint, serve with sugar, and ½ cup Hood's medium cream, unwhipped.

Baked Beans. Refer to November 7.

Brown Bread. Refer to November 7.

Lemon Filled Cake

Bake butter cake, refer to November 11, and split while warm. Spread the lower half with lemon filling, using the juice of 1 lemon and 2 tablespoons cold water in place of orange juice in orange filling, refer to February 9. Fit on the upper half of cake and press together.

July 4

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Steamed Salmon

Put 2 pounds salmon in steamer placed over hot water, and steam 45 to 60 minutes or until the fish is dry and flakes apart. Remove to platter, take off the skin and season fish with salt.

Salad Dressing Sauce

Mix the yolks of 3 of Hood's eggs, ½ teaspoon each mustard and salt, 1 tablespoon sugar, add 2 tablespoons Hood's butter, ¾ cup Hood's milk, and very slowly 5 tablespoons vinegar. Cook over hot water until thick and smooth.

New Potatoes

Cook new potatoes in boiling salted water without paring. When soft, drain and peel.

Green Peas. Refer to June 17.

Strawberry Ice Cream. Refer to June 13.

Angel Cakes. Refer to March 17.

July 5

Hashed Brown Potatoes. Refer to December 24.

Creamed Scrambled Eggs. Refer to December 2.

Coffee. Refer to November 1.

Baked Bean Salad. Refer to June 21.

Toasted Brown Bread. Refer to November 2.

Lemon Filled Cake. Prepared July 3.

Iced Tea

Refer to June 16, omitting the lemon and using 4 cloves.

Creamed Salmon and Peas

Flake left over salmon and arrange on a platter, reheat in the oven, and pour over the fish creamed peas, refer to February 15.

Toasted Bread

Refer to November 1.

Old Fashioned Strawberry Shortcake

Refer to May 31.

July 6

Milk Toast. Refer to December 27.

Coffee. Refer to November 1.

Cheese Souffle. Refer to November 3.

Hot Biscuit. Refer to November 7.

Milk Sherbet. Refer to November 8.

Cake. Prepared June 3.

Salt Fish with Salt Pork. Refer to March 26.

Boiled Potatoes. Refer to November 3.

Butter Gravy. Refer to November 3.

New Beets with Dressing

Mix 2 tablespoons each oil and vinegar and pour over boiled beets.

July 7

Hashed Fish. Refer to November 14.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Rice with Cheese. Refer to December 4.

Rhubarb Marmalade. Prepared June 6.

Baking Powder Biscuit. Refer to November 2.

Baked Flounders

Lay 2 pounds flounder skinned and boned in a baking dish, season with salt, pour over ½ cup Hood's milk, and bake about 10 minutes in a hot oven.

New Potatoes. Refer to July 4.

Salad Dressing Sauce. Prepared July 4.

Cherry Pie. Refer to June 27.

July 8

Creamed Potatoes. Refer to November 4.

Graham Muffins. Refer to November 3.

Coffee. Refer to November 1.

Creamed Asparagus

Cook 1 bunch asparagus, cut in small pieces, drain, and add to white sauce, refer to November 6. Serve on

Toasted Bread. Refer to November 1.

Cheese and Jelly. Refer to November 5.

Broiled Finnan Haddie

Soak finnan haddie as for baked finnan haddie, refer to November 20, drain, and broil over a clear fire or under the gas flame 15 minutes. Remove to platter, and spread with 2 tablespoons Hood's butter.

Mashed Potatoes

Refer to November 1.

Raspberry Shortcake

Use raspberries in place of strawberries in shortcake, refer to May 16.

July 9

Grapenuts

Pour the top of the milk over 1 tablespoon grapenuts for each service.

Potato Puff. Refer to January 25.

Rye Muffins. Refer to November 7.

Coffee. Refer to November 1.

Asparagus Omelet

Prepare as fish omelet, refer to March 18, using ½ bunch asparagus, cut in small pieces and boiled, in place of fish.

Toasted English Muffins. Refer to January 28.

Rhubarb Marmalade. Refer to June 6.

Asparagus Soup

Use ½ bunch cooked asparagus in place of peas in cream of pea soup, refer to February 25.

Fish Hash. Refer to February 26.

Pickled Beets. Refer to January 23.

July 10

Toasted English Muffins. Refer to January 28.

Coffee. Refer to November 1.

Tripe with Brown Sauce

Cook as broiled tripe, refer to January 21, and prepare a brown sauce with the butter, refer to April 13, and pour over the tripe.

Hot Biscuit. Refer to November 7.

Baked Cherry Pudding

Stone 1 pint cherries, put in baking dish, sweeten, add ¼ teaspoon cinnamon, and cover with a crust prepared as baking powder biscuit, refer to November 2. Bake ¾ hour in a moderate oven. Serve with

Custard Sauce. Refer to November 2.

Beans with Olive Oil. Refer to May 1.

Brown Bread. Refer to November 7.

Sour Cream Cookies

Cream ½ cup Hood's butter, add gradually 1 cup sugar, and 1 of Hood's eggs, well beaten, then add ½ cup Hood's medium cream which has been soured, and mixed with ¼ teaspoon sifted soda, then add 2½ cups flour, sifted with 3½ teaspoons baking powder. Drop from a spoon onto buttered sheets and bake in a moderate oven about 10 minutes.

July 11

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Pressed Chicken

Cook a 4 pound fowl in 2 quarts water until tender, and cooked from the bones, season with salt, cut from the bones and chop fine, moisten with the stock, which has been boiled until 1 quart is reduced to 1 cup, season with salt, pack into a bread tin and press with another tin placed on top in which is a weight.

Potato Salad. Refer to November 19.

Boiled Dressing. Refer to November 2.

Coffee Ice Cream

Use 1 cup cold coffee in place of 1 cup milk in preparing custard, refer to March 7.

Sour Cream Cookies

Prepared July 10.

July 12

Shredded Wheat Biscuit. Refer to March 20.

Coffee. Refer to November 1.

Cold Baked Beans

Serve baked beans without reheating.

Brown Bread and Lettuce Sandwiches

Cut brown bread in ¼ inch slices, spread with Hood's butter, and put together in pairs with a lettuce leaf between, sprinkled with salt.

Cookies. Prepared July 10.

Rhubarb Marmalade. Prepared June 6.

Pressed Chicken Salad

Cut cold pressed chicken in ½ inch cubes, arrange on shredded lettuce, and garnish with

Boiled Dressing. Prepared July 11.

Toasted Bread. Refer to November 1.

Rice Pudding. Refer to December 14.

July 13

Shredded Wheat with Creamed Codfish

Refer to April 24.

Coffee

Refer to November 1.

Left Over Chicken Soup with Rice

Put the bones from which the meat has been cut in a saucepan, cover with cold water, and simmer 2 hours.

Strain, cut the small pieces of meat from the bones, add to the water in which the bones were simmered, then add the left over chicken stock and ¼ cup washed rice. Boil until the rice is soft, then season with salt.

Hot Biscuit. Refer to November 7.

Hot Gingerbread. Refer to November 3.

Baked Bluefish with Egg Sauce

Bake bluefish as haddock baked with salt pork, refer to November 13, and serve with egg sauce, refer to June 17.

Boiled Potatoes. Refer to November 3.

Currant Pie

Use 1 ½ cups currants in place of rhubarb and prepare as rhubarb pie, refer to April 12.

July 14

Red Currants. Refer to June 19.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Creamed Potatoes with Cheese

Prepare creamed potatoes, refer to November 4, and add ⅓ cup Hood's full cream cheese grated.

Cold Gingerbread

Bake the recipe of gingerbread in a large sheet, and serve half of the gingerbread, cold and cut in squares.

Red Raspberries

Serve raspberries sprinkled with sugar.

Bluefish Souffle

Prepare as fish souffle, refer to January 9, using the left over bluefish.

Spider Corn Cake. Refer to March 22.

Irish Moss Blanc Mange. Refer to February 10.

July 15

Shredded Wheat Biscuit. Refer to March 20.

Rye Muffins. Refer to November 7.

Coffee. Refer to November 1.

Cheese Milk Toast

Add ½ cup Hood's full cream cheese grated to sauce for milk toast, refer to December 27.

Rhubarb Marmalade. Prepared June 6.

Flounders Stuffed with Mashed Potatoes

Order 2 pounds flounder skinned and boned. Lay on the lower half each fillet of flounder mashed potatoes, fold the upper half over it, lay in baking pan, season with salt, and half cover with Hood's milk. Bake about 15 minutes in a moderate oven.

Boiled Onions. Refer to November 8.

Chocolate Tapioca Cream

Add 1 square melted chocolate to tapioca cream, refer to December 19.

July 16

Potato Puff. Refer to January 25.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Banana and Nut Salad. Refer to July 12.

Quick Mayonnaise Dressing

Refer to December 8.

Red Raspberries. Refer to July 14.

Delmonico Finnan Haddie

Prepare creamed finnan haddie, refer to November 21, put in baking dish, cover with ½ cup buttered crumbs, and reheat in a hot oven.

Baking Powder Biscuit. Refer to November 2.

Sour Milk Gingerbread

Add 1 cup molasses to 1 cup Hood's milk which has been soured. Mix and sift 1⅞ cups flour with 2 teaspoons soda, 1 teaspoon each salt and ginger, add to the first mixture, beat well, add 2 tablespoons Hood's butter melted, and bake about 25 minutes in a moderate oven.

July 17

Toasted Bread. Refer to November 1

Coffee. Refer to November 1.

Salt Fish Chowder

Use ½ pound salt codfish cut in small pieces in place of the corn and prepare as corn chowder, refer to December 11.

Health Biscuit

Add 2 cups of Hood's milk scalded to 1 cup of cooked oatmeal, let stand until lukewarm, then add 1 tablespoon each sugar, molasses, and teaspoon salt, add 1 yeast

cake dissolved in ¼ cup lukewarm water, 4 cups entire wheat flour, and enough white flour to knead. Knead well, let rise until double in bulk, knead again, shape a part as biscuit, and the remainder as bread, let rise again. Bake the biscuit on an inverted pan 25 minutes in a moderate oven.

Lettuce and Walnut Salad. Refer to April 13.

French Dressing. Refer to November 7.

Beans Baked with Cream. Refer to June 5.

Health Bread

Bake bread, prepared above, 1 hour in a moderate oven.

Sour Milk Gingerbread

Prepared July 16.

July 18

Reheated Baked Beans. Refer to November 1.

Toasted Health Bread. Refer to November 1.

Coffee. Refer to November 1.

Cold Boiled Tongue. Refer to May 30.

Steamed Rice. Refer to November 4.

French Spinach

Cook spinach as boiled spinach, refer to February 2, drain, chop finely, add 2 tablespoons Hood's butter and ½ cup Hood's milk, season with salt and reheat. Mound on a dish and garnish with 1 of Hood's eggs hard boiled, then with the white finely chopped and the yolk rubbed through a strainer.

Maple Ice Cream

Use ½ cup maple syrup in place of sugar and omit vanilla, in vanilla ice cream, refer to November 1.

July 19

Rice Muffins. Refer to February 4.

Creamed Scrambled Eggs. Refer to December 2.

Coffee. Refer to November 1.

Cold Baked Beans. Refer to July 12.

Coffee Bread

Scald 1 cup Hood's milk, add ⅓ cup Hood's butter, ¼ cup sugar, ½ teaspoon salt, ¼ teaspoon cinnamon. When lukewarm add 1 yeast cake dissolved in ¼ cup lukewarm water, and 1½ cups flour. When well risen add 2 of Hood's eggs well beaten and enough flour to make a stiff batter, about 2 cups more, let rise again, turn into 2 bread tins and again let rise. Brush over with Hood's milk and sprinkle with sugar and chopped walnuts. Bake about ½ hour in a moderate oven.

Cold Boiled Tongue. Prepared July 18.

Mashed Potatoes. Refer to November 1.

Creamed Turnips. Refer to December 16.

Blackberry Shortcake

Use blackberries in place of strawberries and prepare as strawberry shortcake, refer to May 16.

July 20

Fried Potato Cakes. Refer to November 2.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Cheese Omelet

Use 3 eggs and ½ cup Hood's full cream cheese grated, in place of bread and prepare as bread omelet, refer to March 3.

White Sauce. Refer to November 6.

Coffee Bread. Prepared July 19.

Red Raspberries. Refer to July 14.

Whipped Cream. Refer to November 4.

Tongue and Beet Hash

Chop the left over cold boiled tongue fine, add 5 small cold boiled beets chopped fine, season with salt, and moisten with Hood's milk, melt 2 tablespoons Hood's butter in a frying pan, turn in the hash and brown slowly. Then turn and fold on to platter.

Hot Raised Muffins. Refer to January 16.

Cottage Cheese and Jelly. Refer to November 5.

July 21

Scrambled Eggs on Toasted Bread

Prepare scrambled eggs, refer to November 4, dip slices of toasted bread in Hood's milk and arrange the eggs on the toasted bread.

Coffee. Refer to November 1.

Broiled Tomatoes

Cut small tomatoes in halves without peeling, pan broil, using Hood's butter, until soft, turning frequently. Remove to serving dish and sprinkle with salt.

Baked Custards. Refer to November 7.

Baked Mackerel. Refer to June 12.

Cream Sponge Pie

Prepare ½ the recipe of jelly roll, refer to June 2. Bake in 2 round cake tins about 15 minutes, remove from the tins and when cold fill with

Cream Filling. Refer to June 19.

July 22

Creamed Potatoes. Refer to November 4.

Rye Muffins. Refer to November 7.

Coffee. Refer to November 1.

Cream Toast

Toast slices of bread and butter, lay on platter, and pour over the bread 1 cup Hood's light cream, put in oven and let stand until heated and softened.

Rhubarb Marmalade

Prepared June 6.

Cream Cakes

Use left over cream filling for cream cakes, refer to June 19.

Baked Swordfish. Refer to June 2.

Boiled Potatoes. Refer to November 3.

Butter Gravy. Refer to November 3.

Cucumber and Green Pepper Salad

Prepare lettuce and green pepper salad, refer to May 23, and add 1 cucumber sliced fine. Serve with

French Dressing. Refer to November 7.

July 23

Blueberry Griddle Cakes

Add ¾ cup blueberries picked over and rinsed to sweet milk griddle cakes, refer to January 1.

Cream Fish and Potatoes.

Refer to June 3.

Blueberry Muffins

Add ¾ cup blueberries washed and drained to white muffins, refer to November 17.

Cream Cakes.

Prepared July 22.

Baked Stuffed Haddock.

Refer to November 3.

Boiled Potatoes.

Refer to November 3.

Hollandaise Sauce with Vinegar

Use 1 tablespoon vinegar in place of lemon juice in Hollandaise sauce, refer to March 4.

Coffee Mousse

Refer to March 11.

July 24

Broiled Potatoes.

Refer to January 26.

Broiled Salt Fish.

Refer to June 4.

Coffee.

Refer to November 1.

Scalloped Fish.

Refer to November 11.

Hot Biscuit.

Refer to November 7.

Blueberry Pudding

Pick over and rinse 1 box blueberries, put in baking dish, add ⅓ cup sugar, and cover with ½ recipe baking

powder biscuit, refer to November 2. Bake about 45 minutes in a moderate oven. Serve with

Hot Custard Sauce. Refer to November 2.

Baked Beans with Butter

Use 3 tablespoons Hood's butter in place of salt pork in baked beans, refer to November 7.

Baked Brown Bread

Put mould holding brown bread in a pan of hot water, cover with another pan, and bake 4 hours in the oven.

Cup Custards. Refer to November 7.

July 25

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Cold Braised Fowl

Omit vegetables, and prepare as pot roast, refer to December 6. Serve sliced cold.

Gravy

Refer to November 8.

String Beans

Remove the strings from 2 quarts string beans and break in inch pieces, cover with boiling water, add 1 teaspoon salt, and boil until tender, drain and add 2 tablespoons Hood's butter.

Steamed Rice

Refer to November 4.

Raspberry Sherbet

Use 1 pint raspberries rubbed through a strainer in place of lemons and prepare as lemon sherbet, refer to April 25.

July 26

Creamed Scrambled Eggs. Refer to December 2.

Rice Muffins. Refer to February 4.

Coffee. Refer to November 1.

Reheated Baked Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

Sliced Pineapple. Refer to June 22.

Cold Braised Fowl. Prepared July 25.

Gravy. Prepared July 25.

Mashed Potatoes. Refer to November 1.

Creamed String Beans

Use left over string beans in place of peas, and prepare as peas creamed, refer to February 15.

Cheese and Jelly. Refer to November 5.

July 27

Coffee. Refer to November 1.

Fried Potato Cakes. Refer to November 2.

Graham Muffins. Refer to November 3.

Baked Macaroni and Cheese

Refer to December 24.

Hot Biscuit

Refer to November 7.

Pineapple and Nut Salad

Use ⅓ cup walnut meats broken in pieces in place of strawberries, and prepare as pineapple and strawberry salad, refer to June 23. Serve with

French Dressing

Refer to November 7.

Chicken Stew with Dumplings

Refer to December 21, and serve with dumplings, refer to December 21.

Cream Jelly

Add ¼ cup cold water to 1½ tablespoons granulated gelatin dissolved in 1 cup Hood's milk scalded, add ½ cup Hood's medium cream, ⅓ cup sugar, and 1 teaspoon vanilla. Stir occasionally until the mixture begins to thicken, then mould and chill.

Butter Cake. Refer to November 11.

Confectioner's Frosting. Refer to May 5.

July 28

Shredded Wheat Biscuit. Refer to March 20.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Green Peas with Cream

Shell and boil 2 quarts green peas, drain, season with salt, add ½ cup Hood's medium cream, and ½ cup Hood's milk, or 1 cup Hood's light cream, and reheat.

Cake. Prepared July 27.

Iced Tea. Refer to July 5.

Baked Bluefish

Order 3 pounds bluefish and prepare ½ as baked bluefish, refer to July 13.

Tomato Sauce. Refer to December 12.

Mashed Potatoes. Refer to November 1.

Blueberry Pie

Use 1 box blueberries and prepare as cherry pie, refer to June 27.

July 29

Eggs Scrambled with Tomato

Refer to November 3.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Cheese Potato Puff

Add ½ cup Hood's full cream cheese grated to the potato, and prepare as potato puff, refer to January 25.

Sliced Bananas. Omit nuts, refer to January 29.

Cake. Prepared July 27.

Broiled Bluefish. Refer to July 2.

Creamed Potato Balls

Prepare 2 cups potato balls, refer to November 6, season with salt.

Baking Powder Biscuit. Refer to November 2.

Pickled Beets. Refer to January 23.

Custard Pie. Refer to January 30.

July 30

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Eggs Baked in Tomato

Cut a slice from the stem end of 4 large tomatoes, scoop out the centre, season with salt, and slip in each one, 1 of Hood's eggs. Put in baking dish and bake about 10 minutes in a moderate oven, or until the tomato is soft and the white of the egg is set.

Reheated Baking Powder Biscuit

Refer to November 12.

Baked Fillets Halibut. Refer to November 25.

Creamed Potato Balls

Prepare 2 cups potato balls, refer to January 17, reheat in white sauce, refer to November 6, season with salt.

Apple Rice Pudding

Pare, core, and cut 3 apples in 8 pieces each, lay in baking dish, and pour over rice pudding and bake, refer to December 14.

July 31

Blueberry Griddle Cakes. Refer to July 23.

Coffee. Refer to November 1.

Oven Broiled Forequarter Chops

Wipe chops, put in baking pan, and cook about 10 minutes in a hot oven, turning once. Remove to platter and season with salt.

Hashed Brown Potatoes. Refer to December 24.

Hot Biscuit. Refer to November 7.

Blueberries

Pick over and rinse 1 box blueberries, put in serving dish, and serve with sugar, and Hood's light cream if desired.

Baked Beans with Butter. Refer to July 24.

Brown Bread Baked. Refer to July 24.

One Crust Apple Pie

Omit under crust, and prepare as apple pie, refer to January 11.

A Perfect Milk is a Perfect Food

"Do not mix milk that has been taken from the ice box, and left outside until warm, with milk remaining in the ice box; if you do, the keeping quality of the mixture will be shortened."

State Board of Agriculture, Nature Leaflet No. 40.

Cost of Living for July

July 1-8

12 qts. milk	$1.08
2½ lbs. butter	.85
9 half pint jars light cream	.63
Jar medium cream	.10
1 qt. buttermilk	.07
Cottage cheese	.05
½ lb. full cream cheese	.11
1½ doz. eggs	.53
Cereal	.05
Potatoes	.10
Flour	.20
Sugar	.24
Spices and salt	.02
Baking powder	.04
Asparagus	.15
2 yeast cakes	.04
Mackerel	.25
Molasses	.03
Tapioca	.01
Vanilla	.02
Codfish	.10
Coffee	.28
1 doz. bananas	.20
Walnuts	.05
Lettuce	.05
Oil	.05
Jelly	.04
Vinegar	.02
3 lbs. bluefish	.38
Shredded wheat	04
Raspberries	.15
Beans	.08
Rye and Indian meal	.02
Pork	.04
4 lemons	.08
Pt. cherries	.10
2 lbs. salmon	.50
½ pk. peas	.25
Lard	.02
2 boxes strawberries	.30
Ice and salt	.08
Crackers and tea	.12
Beets and rice	.13
Rhubarb marmalade	.04
2 lbs. flounder	.30
Total for week	$7.98

July 8-15

13 qts. milk	$1.17
9 half pint jars light cream	.63
½ pt. jar medium cream	.10
1½ doz. eggs	.53
Cottage cheese	.05
½ lb. full cream cheese	.11
2½ lbs. butter	.85
Cereal	.05
Potatoes	.10
Graham flour	.01
Coffee	.28
2 bunches asparagus	.25
Finnan haddie	.15
Jelly	.05
Crackers	.10
Raspberries	.30
Baking powder	.05
Flour	.20
Sugar	.18
Rye meal	.02
3 yeast cakes	.06
Rhubarb marmalade	.08
Salt fish	.06
Vinegar	.02
Bananas	.20
1 lb. tripe	.12
Beets	.04
Beans	.08
Olive oil	.08
Molasses	.03
Corn meal	.02
4 lbs. fowl	.60
Spices and salt	.02
Ice and salt	.08
Shredded wheat	.08
Lettuce	.05
Rice	.02
3 lbs. bluefish	.38
Box currants	.10
Irish moss	.01
Vanilla	.02
Total for week	$7.33

July 15-22

13 quarts milk	$1.17
2½ lbs. butter	.85
2 doz. eggs	.70
10 jars light cream	.70
Jar medium cream	.10
1 qt. buttermilk	.07
½ lb. full cream cheese	.11
Cottage cheese	.05
Shredded wheat biscuit	.04
1 doz. bananas	.20
Coffee	.28
Rye meal	.01
Sugar	.18
Flour	.20
Baking powder	.04
Spices and salt	.02
Potatoes	.10
Rhubarb marmalade	.04
2 lbs. flounder	.30
Chocolate	.03
Tapioca	.01
Cereal	.05
3 yeast cakes	.06
Walnuts	.10
Lettuce	.05
Oil	.10
Vinegar	.02
Raspberries	.30
Finnan haddie	.15
Molasses	.03
Crackers	.08
Salt fish	.05
Pork and beans	.14
Oat cereal	.02
Tongue, corned	.64
½ pk. spinach	.10
Maple syrup	.05
Rice	.03
Ice and salt	.05
Vegetables	.05
Blackberries	.13
Beets	.05
Jelly	.08
Tomatoes	.10
Mackerel	.25
Cornstarch	.01
Vanilla	.02
Total for week	$7.91

July 22-31

3½ lbs. butter	$1.19
2½ doz. eggs	.88
16 quarts milk	1.44
11 jars light cream	.77
2 jars medium cream	.20
2 cottage cheeses	.10
½ lb. full cream cheese	.11
Cereal	.10
Coffee and flour	.60
Sugar	.24
Spices and salt	.03
Baking powder	.05
3 yeast cakes	.06
Rye and cornmeal	.05
Rhubarb marmalade	.04
Swordfish, 1½ lbs	.20
Cucumber and oil	.15
Lettuce	.05
Green pepper	.02
Vinegar	.01
Blueberries, 4 boxes	.60
Haddock, 4 lbs	.28
Codfish	.05
Crackers	.08
Potatoes and beans	.31
Molasses	.04
5 lbs. fowl	.75
Vegetables	.03
Raspberries	.15
Ice and salt	.05
Rice	.04
2 qts. string beans	.20
Pineapple and jelly	.20
Graham flour	.01
Macaroni and walnuts	.07
Shredded wheat	.04
2 qts. peas and tea	.15
3 lbs. bluefish	.38
Lard	.02
Tomatoes, canned	.01
Bananas, 1 doz	.20
Tomatoes, 4	.08
1 lb. halibut	.20
Apples, 1 qt	.05
1½ lbs. forequarter chops	.18
Total for week	$10.46
Total for month	$33.68

Lowering the Cost

July 1-8

Coffee	$0.28
7 jars light cream	.49
Buttermilk	.07
Use 1 lb. swordfish, 13 cts., in place mackerel, 25 cts.	.12
Walnuts	.05
Tea	.02
Rhubarb marmalade	.04
Jelly	.04
Vanilla ice cream in place strawberry ice cream	.15
	$1.26

July 8-15

Coffee	$0.28
7 half pt. jars light cream	.49
Jelly	.08
Rhubarb marmalade	.08
Use corn flakes, 3 cts., in place shredded wheat, 8 cts	.05
Beets	.04
	$1.02

July 15-22

8 jars light cream	$0.56
Coffee	.28
Rhubarb marmalade	.04
Chocolate	.03
Jelly	.05
Use rice and cheese, 4 cts., in place of tomatoes, 10 cts.	.06
Use 1 lb. cod steak, 15 cts., in place of mackerel, 25 cts	.10
	$1.12

July 22-31

1 lb. coffee	$0.35
10 jars light cream	.70
1 cottage cheese	.05
Rhubarb marmalade	.04
Green pepper	.02
Cucumber	.05
Raspberries, 15 cts., use 3 lemons, 6 cts	.09
Jelly	.05
Walnuts	.05
Tea	.02
4 tomatoes, 5 cts., use boiled eggs	.05
	$1.47
Total for month	$4.87

Recipes for Afternoon Tea Serving

Chicken and Whipped Cream Sandwich

Chop chicken fine, moisten with Hood's medium cream whipped and season with salt. Spread on slices of bread, buttered with Hood's butter, and put together in pairs.

Cheese and Green Pepper Sandwiches

Mash 1 of Hood's cottage cheeses, add 1 tablespoon green pepper chopped fine, spread on slices of bread and put together in pairs.

Raisin and Nut Sandwiches. Refer to March 7.

Hot Chocolate. Refer to April 4.

Iced Coffee. Refer to June 9.

Iced Tea. Refer to July 5.

Fruit Punch

Boil 4 cups water and 2 cups sugar together 15 minutes. Cool, add the juice of 6 oranges and 2 lemons. Serve with cracked ice.

Buttered Baking Powder Biscuit.

Prepare baking powder biscuit mixture, roll out ¼ inch in thickness, cut with a small cutter, spread with Hood's butter melted, and put together in pairs. Bake about 12 minutes in a hot oven on an inverted pan.

Hermit Cookies. Refer to March 13.

Salted Almonds. Refer to December 25.

Memoranda

Month of August

"SOFT AS A CLOUD IS YON BLUE RIDGE"

BOSTON PUBLIC LIBRARY

Care of Utensils

Dishes used with Milk. Always rinse dishes in which milk has been standing in cold water before washing in hot water.

To Remove the Odor of Fish or Vegetables. Soak knives, cutting board, or dishes with cold water to remove the odor of vegetables or fish.

Egg Beaters. Wash the egg beater which has been used with the yolk of the egg in hot water, and the white of the egg in cold water.

Cleaning the Coffee Pot. Wash the coffee pot after each using with hot water and no soap. Once a week fill with water, add 1 teaspoon cooking soda and boil 10 minutes, then rinse and boil in clear water.

To Remove Stains from the inside of saucepans, put 1 teaspoon cooking soda in saucepan, fill with cold water and heat slowly. Salt on a wet dishcloth rubbed over the saucepan will remove any remaining stain.

Cake or Bread Jars should be put out of doors in the sun once a week after washing.

Granite, Tin and Iron Ware should be thoroughly dried before putting away.

Dish Towels and Cloths should be washed with ammonia in the water, then rinsed thoroughly in hot water before drying.

To Remove Acid from Dishes. Rinse thoroughly with cold water before putting in the dishpan.

August 1

Breakfast

Reheated Baked Beans Reheated Brown Bread
Coffee

Dinner

Steamed Salmon White Sauce
Boiled Potatoes
String Beans Pineapple Ice Cream

Tea

Ice Cream Nut Cake

August 2

Breakfast

Corn Flakes Brown Bread Milk Toast Coffee

Luncheon or Supper

Cold Baked Beans Graham Muffins
Blackberries Nut Cake

Dinner

Scalloped Salmon with Potatoes and String Beans
Bread and Butter One Crust Apple Pie
Whipped Cream

August 3

Breakfast

Shredded Wheat Biscuit
Bananas Toasted Bread
Coffee

Luncheon or Supper

Scalloped Cheese Baked Apples Nut Cake

Dinner

Breaded Tripe Tomato Sauce
Hot Biscuit Apple Tarts

August 4

Breakfast

Corn Flakes Creamed Codfish
Rye Muffins Coffee

Luncheon or Supper

Banana Salad
French Dressing Bread and Butter
Cheese and Jelly Crackers

Dinner

Boiled Swordfish
Boiled Potatoes Butter Sauce
Cantaloupe

August 5

Breakfast

Corn Flakes Creamed Eggs
Toasted Bread Coffee

Luncheon or Supper

Potato Salad Boiled Dressing
Bananas with Lemon Juice Sour Milk Gingerbread

Dinner

Curried Veal Steak
Steamed Rice Tapioca Cream

August 6

Breakfast

Rice Muffins Omelet
White Sauce Coffee

Luncheon or Supper

Clam Bisque Crisp Crackers
Milk Sherbet Cold Gingerbread

Dinner

Fish Hash Pickled Beets
Baking Powder Biscuit Milk Sherbet

August 7

Breakfast

Corn Flakes — Creamed Scrambled Eggs
Toasted Bread — Coffee

Dinner or Luncheon

Baked Mackerel
Baked Potatoes — Steamed Blueberry Pudding
Hot Custard Sauce

Dinner or Supper

Beans Baked with Butter — Baked Brown Bread
Cabbage Salad — Baked Custards

August 8

Breakfast

Fried Potato Cakes — Graham Muffins
Cantaloupes — Coffee

Dinner

Cold Roast Chicken
Stuffing — Gravy
Steamed Rice — Boiled Corn
Snow Pudding — Boiled Custard

Tea

Buttermilk or Hood's Milk — Cream Sponge Cake

August 9

Breakfast

Shredded Wheat Biscuit — Green Corn Griddle Cakes
Coffee

Luncheon or Supper

Reheated Baked Beans — Toasted Brown Bread
Sponge Cake

Dinner

Chicken and Tomato Salad
Boiled Dressing — Bread and Butter
Snow Pudding — Boiled Custard

August 10

Breakfast

Reheated Baked Beans Toasted Brown Bread
Coffee

Luncheon or Supper

Clam Bisque Crisp Crackers Cheese and Jelly

Dinner

Chicken Timbals
Cabbage Scalloped with Cheese Hot Raised Muffins
Blackberry Pie

August 11

Breakfast

Corn Flakes Boiled Eggs
Bread and Butter Coffee

Luncheon or Supper

Huckleberries Crackers Hood's Milk

Dinner

Boiled Swordfish Pickle Sauce
Boiled Potatoes Rice Pudding

August 12

Breakfast

Shredded Wheat Biscuit
Bananas Corn Cake
Coffee

Luncheon or Supper

Creamed Fish and Potatoes
Toasted Bread Blueberry Biscuit
Hood's Milk

Dinner

Veal Cutlets Tomato Sauce
Boiled Macaroni Blueberry Gingerbread

August 13

Breakfast

Corn Flakes Blueberry Griddle Cakes Coffee

Luncheon or Supper

Banana and Nut Salad French Dressing
Baking Powder Biscuit Cold Blueberry Gingerbread

Dinner

Baked Mackerel Buttered Potatoes
Sliced Tomatoes Tapioca Cream

August 14

Breakfast

Corn Flakes
Creamed Potatoes Toasted Bread
Coffee

Dinner or Luncheon

Omelet with Bacon White Sauce
Hot Biscuit Sliced Bananas

Dinner or Supper

Beans Baked with Butter Baked Brown Bread
Frozen Whipped Cream

August 15

Breakfast

Reheated Baked Beans Reheated Brown Bread
Coffee

Dinner

Boiled Salmon White Sauce
Boiled Potatoes Green Peas
Blackberry Charlotte

Tea

Crackers Hood's Milk

August 16

Breakfast

Blackberries with Shredded Wheat Biscuit
Corn Cake Coffee

Luncheon or Supper

Tomato and Green Pea Soup
Toasted Bread Cheese and Jelly

Dinner

Salmon Omelet Creamed Potatoes
Apple Pie

August 17

Breakfast

Corn Flakes Creamed Codfish
Toasted Bread Coffee

Luncheon or Supper

Baked Bean Salad Boiled Dressing
Toasted Brown Bread Rice Cream

Dinner

Creole Veal Summer Squash
Mashed Potatoes Hot Biscuit
Sliced Peaches with Light Cream

August 18

Breakfast

Corn Flakes Fried Potato Cakes
Graham Muffins Coffee

Luncheon or Supper

Golden Rod Salad
Boiled Dressing Milk Sherbet with Egg
Small Chocolate Cakes

Dinner

Scalloped Clams Baking Powder Biscuit
Sliced Tomatoes Milk Sherbet

August 19

Breakfast

Corn Flakes Creamed Scrambled Eggs
Toasted Bread Coffee

Luncheon or Supper

Huckleberries
Crackers Hood's Milk
Small Chocolate Cakes

Dinner

Baked Haddock Boiled Potatoes
Cream Sauce Rice Pudding

August 20

Breakfast

Corn Flakes
Chopped Hashed Potatoes Broiled Codfish
Coffee

Luncheon or Supper

Scalloped Fish Bread and Butter
Lettuce and Nut Salad French Dressing

Dinner

Baked Mackerel
Mashed Potatoes String Beans
Watermelon

August 21

Breakfast

Corn Flakes Potato Puff
Toasted Bread Coffee

Dinner or Luncheon

Breaded Tripe Hot Biscuit
Sliced Tomatoes Frozen Watermelon

Dinner or Supper

Baked Shell Beans Baked Brown Bread
Lettuce with Vinegar and Sugar
Baked Custards

August 22

Breakfast

Reheated Baked Beans Reheated Brown Bread
Coffee

Dinner

Reheated Casserole of Fowl
Bread and Butter Vanilla Ice Cream

Tea

Crackers Hood's Milk
Spiced Baked Sweet Apples

August 23

Breakfast

Corn Flakes Brown Bread Milk Toast Coffee

Luncheon or Supper

Green Pepper Omelet
Entire Wheat Parker House Rolls Apple Sauce

Dinner

Creamed Chicken and Vegetables
Toasted Bread Steamed Blueberry Pudding
Hot Custard Sauce

August 24

Breakfast

Shredded Wheat Biscuit Bananas
Reheated Parker House Rolls
Coffee

Luncheon or Supper

Potato and Beet Salad Boiled Dressing
Hot Biscuit Cheese and Jelly

Dinner

Boiled Halibut White Sauce
Boiled Potatoes Boiled Corn
Peach Tapioca Pudding

August 25

Breakfast

Corn Flakes Chopped Hashed Potatoes
Eggs Scrambled with Tomato
Coffee

Luncheon or Supper

Creamed Corn on Toast
Sliced Bananas Butter Cake
Confectioner's Frosting

Dinner

Oven Cooked Fish and Potato Croquettes
String Beans Frozen Whipped Cream

August 26

Breakfast

Corn Flakes
Fried Bananas Graham Muffins
Coffee

Luncheon or Supper

Tomato Salad with Mayonnaise and Whipped Cream
Cake Baked Apples with Nuts

Dinner

Boiled Swordfish Buttered Potatoes
Creamed String Beans
Cottage Pudding Hard Sauce

August 27

Breakfast

Corn Flakes
Creamed Codfish Toasted Bread
Coffee

Luncheon or Supper

Huckleberries Crackers
Hood's Milk Cake

Dinner

Flounders in Pork Fat
Hashed Brown Potatoes Sliced Tomatoes
Apple Pie with Whipped Cream

August 28

Breakfast

Corn Flakes Coffee
Eggs Baked in Tomatoes
Rye Muffins

Luncheon or Dinner

Macaroni Baked with Cheese
Boiled Corn Hot Biscuit
Blueberry Pie

Dinner or Supper

Beans Baked with Butter Steamed Graham Bread
Chocolate Cup Custards

August 29

Breakfast

Corn Omelet White Sauce
Reheated Graham Bread
Coffee

Dinner

Reheated Roast Veal Gravy Mashed Potatoes
Cauliflower with Cheese Sauce
Spice Cakes Milk Sherbet

Tea

Milk Sherbet Spice Cakes

August 30

Breakfast

Corn Flakes
Fried Potato Cakes Graham Muffins
Coffee

Luncheon or Supper

Reheated Baked Beans Toasted Brown Bread
Sliced Peaches Spice Cakes

Dinner

Cold Roast Veal Gravy
Baked Potatoes Scalloped Cauliflower
Old Fashioned Blackberry Shortcake

August 31

Breakfast

Corn Flakes Creamed Scrambled Eggs
Toasted Bread Coffee

Luncheon or Supper

Cold Baked Beans
Pickled Beets Hot Biscuit
Cheese and Jelly

Dinner

Veal Reheated with Tomato Boiled Macaroni
Baked Blueberry Pudding Hard Sauce

A Perfect Milk is a Perfect Food

The name of HOOD is and has been for more than sixty years a synonym for excellence of dairy products and honesty and liberality in commercial dealings.

August 1

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Steamed Salmon. Refer to July 4.

White Sauce. Refer to November 6.

Boiled Potatoes. Refer to November 3.

String Beans. Refer to July 25.

Pineapple Ice Cream

Cook 1 small pineapple, pared and cut in small pieces, 4 cups water, 2 cups sugar together 20 minutes, cool, and strain, freeze, using 3 parts ice to 1 part salt, remove the dasher, hollow out the centre, and fill with ½ cup Hood's medium cream which has been beaten until thick with ¼ cup Hood's milk, then ⅓ cup sugar added. Repack, using 4 parts ice to 1 part salt, and let stand 2 hours before serving.

Nut Cake

Cream ½ cup Hood's butter, add 1 cup sugar gradually and 2 of Hood's eggs well beaten, mix and sift 1 ¾ cups flour with 2 ½ teaspoons baking powder, and add alternately with ½ cup milk to the first mixture, add ½ cup walnut meats broken in small pieces, and ½ teaspoon vanilla. Bake 45 minutes in a moderate oven.

August 2

Brown Bread Milk Toast. Refer to February 1.

Coffee. Refer to November 1.

Cold Baked Beans. Refer to July 12.

Graham Muffins. Refer to November 3.

Blackberries. Refer to blueberries, July 31.

Nut Cake. Prepared August 1.

Scalloped Salmon with Potatoes and String Beans

Prepare a double recipe white sauce, refer to November 6, arrange in a platter, in alternate layers, left over salmon, flaked in small pieces, cold boiled potatoes cut in cubes, and left over string beans, covering each layer with the sauce. Cover with ½ cup buttered cracker crumbs, and reheat in a hot oven.

One Crust Apple Pie. Refer to July 31.

Whipped Cream. Refer to November 4.

August 3

Shredded Wheat Biscuit. Refer to March 20.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Scalloped Cheese. Refer to January 2.

Baked Apples. Refer to November 1.

Nut Cake. Prepared August 1.

Breaded Tripe

Prepare as veal cutlets, refer to April 13.

Tomato Sauce. Refer to December 12.

Hot Biscuit. Refer to November 7.

Apple Tarts

Prepare 3 apples as apple sauce, refer to December 12, cut the left over pastry into rounds, using the biscuit cutter, spread ½ the rounds with the apple sauce, wet the outer edge of each round with cold water, fit on the upper rounds, prick with a fork, and bake in a moderate oven.

August 4

Creamed Codfish. Refer to November 6.

Rye Muffins. Refer to November 7.

Coffee. Refer to November 1.

Banana Salad

Refer to banana and lettuce salad, February 3.

French Dressing. Refer to November 7.

Cheese and Jelly. Refer to November 5.

Boiled Swordfish

Tie 1 pound swordfish in a cheese cloth, put in boiling water to which 1½ teaspoons salt have been added, and boil until the fish is dry and flakes apart. The fish may be rolled up before putting in the cheese cloth.

Butter Sauce. Refer to November 3.

Boiled Potatoes. Refer to November 3.

Cantaloupes

Wash the cantaloupes, cut in halves lengthwise, and remove the seeds. Just before serving put a small piece of ice in each half piece.

August 5

Creamed Eggs. Refer to January 13.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Potato Salad. Refer to November 19.

Boiled Dressing. Refer to November 2.

Bananas with Lemon Juice

Peel and slice 4 bananas, sprinkle with sugar and add the juice of 1 lemon.

Curried Veal Steak

Prepare broiled veal steak, refer to May 22, seasoning with curry powder before broiling.

Steamed Rice. Refer to November 4.

Tapioca Cream. Refer to December 19.

August 6

Rice Muffins. Refer to February 4.

Omelet. Refer to December 5.

White Sauce. Refer to November 6.

Coffee. Refer to November 1.

Clam Bisque. Refer to March 2.

Crisp Crackers. Refer to December 23.

Milk Sherbet. Refer to November 8.

Cold Gingerbread. Prepared August 5.

Fish Hash. Refer to February 26.

Pickled Beets. Refer to January 23.

Baking Powder Biscuit. Refer to November 2.

August 7

Creamed Scrambled Eggs. Refer to December 2.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Baked Mackerel. Refer to June 12.

Baked Potatoes. Refer to November 4.

Steamed Blueberry Pudding
Refer to steamed apple pudding, January 13.

Hot Custard Sauce. Refer to November 2.

Beans Baked with Butter. Refer to July 24.

Baked Brown Bread. Refer to July 24.

Cabbage Salad. Refer to November 7.

Boiled Dressing. Refer to November 2.

Baked Custards. Refer to November 7.

August 8

Fried Potato Cakes. Refer to November 2.

Graham Muffins. Refer to November 3.

Cantaloupes. Refer to August 4.

Coffee. Refer to November 1.

Cold Roast Chicken. Refer to November 8.

Stuffing. Refer to November 8.

Gravy. Refer to November 8.

Steamed Rice. Refer to November 4.

Boiled Corn

Husk the corn, put in rapidly boiling water, and boil 10 minutes, add 1 teaspoon salt to the water in which the corn is boiling.

Snow Pudding

Prepare lemon jelly, refer to orange jelly, December 7, using the juice of 3 lemons in place of orange juice. When the mixture begins to thicken beat until creamy, and beat in the whites of 3 of Hood's eggs, beaten stiff. Serve with

Boiled Custard. Refer to March 3.

Cream Sponge Cake

Refer to mocha cake, April 28, baking the cake ½ hour in a sheet.

August 9

Shredded Wheat Biscuit. Refer to March 20.

Green Corn Griddle Cakes

Add 1 cup cooked corn chopped fine to mixture of sweet milk griddle cakes, refer to January 1.

Coffee. Refer to November 1.

Reheated Baked Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

Cream Sponge Cake. Prepared August 8.

Chicken and Tomato Salad

Use 3 tomatoes, peeled and cut in cubes in place of celery, and prepare as chicken salad, refer to November 2.

Boiled Dressing. Prepared August 7.

Snow Pudding. Prepared August 8.

Boiled Custard. Prepared August 8.

August 10

Reheated Baked Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

Coffee. Refer to November 1.

Clam Bisque. Refer to March 2.

Crisp Crackers. Refer to December 23.

Cheese and Jelly. Refer to November 5.

Chicken Timbals

Prepare as fish souffle, refer to January 9, using 2 of Hood's eggs, and chicken in place of fish. Bake in small tins 20 minutes.

Cabbage Scalloped with Cheese

Refer to November 5.

Hot Raised Muffins

Refer to January 16.

Blackberry Pie

Prepare as blueberry pie, refer to July 28, using blackberries in place of blueberries.

August 11

Boiled Eggs. Refer to March 26.

Coffee. Refer to November 1.

Huckleberries and Milk

Serve 1 box huckleberries with 1 quart Hood's milk accompanied with crackers.

Boiled Swordfish

Refer to August 4.

Pickle Sauce

Add 3 pickles cut in small pieces to butter gravy, refer to November 3.

Boiled Potatoes. Refer to November 3.

Rice Pudding. Refer to December 14.

August 12

Shredded Wheat Biscuit. Refer to March 20.

Corn Cake. Refer to December 1.

Coffee. Refer to November 1.

Creamed Fish and Potatoes. Refer to June 3.

Toasted Bread. Refer to November 1.

Blueberry Biscuit

Add 1 cup blueberries to baking powder biscuit, refer to November 2.

Veal Cutlets. Refer to April 13.

Tomato Sauce. Refer to December 12.

Boiled Macaroni

Omit cheese, and prepare as macaroni with cheese, refer to December 9.

Blueberry Gingerbread

Add 1 cup blueberries to gingerbread, refer to November 3.

August 13

Blueberry Griddle Cakes

Add 1 cup blueberries to mixture for sweet milk griddle cakes, refer to January 1.

Coffee. Refer to November 1.

Banana and Nut Salad. Refer to July 2.

French Dressing. Refer to November 7.

Baking Powder Biscuit. Refer to November 2.

Cold Blueberry Gingerbread. Prepared August 12.

Baked Mackerel. Refer to June 12.

Buttered Potatoes. Refer to January 19.

Sliced Tomatoes

Cover tomatoes with boiling water, let stand a few minutes, then peel, chill before cutting in slices.

Tapioca Cream. Refer to December 19.

August 14

Creamed Potatoes. Refer to November 4.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Omelet with Bacon

Fry ¼ pound bacon, turn off all except 2 tablespoons fat, and cook omelet in the fat in the frying pan, refer to omelet, December 5.

White Sauce. Refer to November 6.

Hot Biscuit. Refer to November 7.

Sliced Bananas

Refer to bananas with lemon juice, August 5, omitting the lemon juice.

Beans Baked with Butter. Refer to July 24.

Baked Brown Bread. Refer to July 24.

Frozen Whipped Cream

Beat 1 half pint jar Hood's medium cream until thick, add ½ cup sugar and ½ tablespoon vanilla. Put in mould, pack in equal measures ice and salt, and let stand 2 hours.

August 15

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Boiled Salmon. Refer to June 17.

White Sauce. Refer to November 6.

Boiled Potatoes. Refer to November 3.

Green Peas. Refer to June 17.

Blackberry Charlotte

Use 1½ cups blackberries mashed and rubbed through a strainer in place of orange juice in orange charlotte, refer to January 20.

August 16

Blackberries with Shredded Wheat

Serve blackberries with shredded wheat biscuit, refer to March 20.

Corn Cake. Refer to December 1.

Coffee. Refer to November 1.

Tomato and Green Pea Soup

Add 1 cup cooked peas to tomato, and prepare as tomato soup, refer to December 25.

Toasted Bread. Refer to November 1.

Cheese and Jelly. Refer to November 5.

Salmon Omelet

Use salmon in place of halibut and prepare as fish omelet, refer to March 18.

Creamed Potatoes. Refer to November 4.

Apple Pie. Refer to January 11.

August 17

Creamed Codfish. Refer to November 6.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Baked Bean Salad. Refer to June 21.

Boiled Dressing. Refer to November 2.

Toasted Brown Bread. Refer to November 2.

Rice Cream

Use ¼ cup rice in place of tapioca, and prepare as tapioca cream, refer to December 19.

Creole Veal

Use veal in place of steak, and prepare as creole steak, refer to April 15.

Summer Squash

Wash squash, and cut in ½ inch slices, cook until soft in boiling salted water, drain thoroughly, then mash, season with salt, and add 2 tablespoons Hood's butter.

Mashed Potatoes. Refer to November 1.

Hot Biscuit. Refer to November 7.

Sliced Peaches with Light Cream

Peel, cut peaches in slices lengthwise, sweeten, and serve with Hood's light cream.

August 18

Fried Potato Cakes. Refer to November 2.

Graham Muffins. Refer to November 3.

Coffee. Refer to November 1.

Golden Rod Salad

Hard boil 4 of Hood's eggs, chop the whites fine, and rub the yolks through a strainer, moisten shredded lettuce with boiled dressing, arrange on a serving dish,

cover with a mound of chopped white of the eggs, and surround the white with the yolk of the eggs.

Boiled Dressing. Prepared August 17.

Milk Sherbet with Egg

After freezing, remove the dasher, and fold in the whites of 2 of Hood's eggs beaten stiff, refer to milk sherbet, November 8.

Small Chocolate Cakes

Use ¼ cup cocoa and ¼ teaspoon cinnamon, added to the creamed butter and sugar, in place of chocolate and vanilla, and prepare as chocolate cake, refer to December 9. Bake in small tins 15 to 20 minutes.

Scalloped Clams. Refer to March 13.

Baking Powder Biscuit. Refer to November 2.

Sliced Tomatoes. Refer to August 13.

August 19

Creamed Scrambled Eggs. Refer to December 2.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Huckleberries. Refer to August 11.

Small Chocolate Cakes. Prepared August 18.

Baked Haddock. Refer to November 13.

Boiled Potatoes. Refer to November 3.

Cream Sauce

Use ½ pint jar Hood's light cream in place of milk, and prepare as white sauce, refer to November 6.

Rice Pudding. Refer to December 14.

August 20

Chopped Hashed Potatoes

Chop cold boiled potatoes fine, season with salt, and reheat in Hood's butter, or bacon fat.

Broiled Codfish. Refer to June 4.

Lettuce and Nut Salad. Refer to April 13.

French Dressing. Refer to November 7.

Baked Mackerel. Refer to June 12.

Mashed Potatoes. Refer to November 1.

String Beans. Refer to July 25.

Watermelon

Chill watermelon thoroughly, cut in 2 pieces, place ½ watermelon on a platter, and serve, taking out the portion desired with a spoon.

August 21

Potato Puff. Refer to January 25.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Breaded Tripe. Refer to August 2.

Hot Biscuit. Refer to November 7.

Sliced Tomatoes. Refer to August 13.

Frozen Watermelon

Scoop out the watermelon from the rind, and remove the seeds, put in ice cream freezer, pack, using 3 parts ice to 1 part salt, turn a few times, then remove the dasher, and let stand ½ hour before serving.

Baked Shell Beans

Shell 2 quarts beans, put in bean pot, add 1 teaspoon salt, 3 tablespoons Hood's butter, cover with cold water, and cook in the oven 4 hours, adding water if needed.

Baked Brown Bread

Refer to July 24.

Lettuce with Vinegar and Sugar

Wash ½ head lettuce, and serve accompanied with sugar and vinegar.

August 22

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Cantaloupes. Refer to August 4.

Coffee. Refer to November 1.

Reheated Casserole of Fowl

Cut a 4 pound fowl in pieces for serving, and cook in boiling water until partially tender, remove to casserole, add ½ cup each turnip and carrot cut in small strips and parboiled 5 minutes in boiling salted water, season with salt, cover the dish and cook slowly 2 hours, or until tender. In reheating, put the dish in hot oven and let stand until heated through.

Vanilla Ice Cream

Refer to November 1.

Spiced Baked Sweet Apples

Core the apples, and fill the cavities with sugar to which has been added a few grains each cinnamon and nutmeg.

August 23

Brown Bread Milk Toast. Refer to February 1.

Coffee. Refer to November 1.

Green Pepper Omelet

Remove the seeds and veins from 1 green pepper, parboil 5 minutes in boiling salted water, then chop finely, add to omelet before cooking, refer to December 5.

Entire Wheat Parker House Rolls

Use ½ entire wheat flour and ½ white flour and prepare luncheon rolls, refer to February 2.

Apple Sauce. Refer to December 12.

Creamed Chicken and Vegetables

Thicken the gravy remaining from casserole of fowl, adding enough Hood's milk to make 2 cups, add the left over vegetables, and the left over chicken cut in small cubes.

Toasted Bread. Refer to November 1.

Steamed Blueberry Pudding. Refer to August 7.

Hot Custard Sauce. Refer to November 2.

August 24

Shredded Wheat Biscuit. Refer to March 20.

Reheated Rolls

Refer to reheated baking powder biscuit, November 12.

Coffee. Refer to November 1.

Potato and Beet Salad. Refer to May 29.

Boiled Dressing. Refer to November 2.

Hot Biscuit. Refer to November 7.

Cheese and Jelly. Refer to November 5

Boiled Halibut. Refer to November 6.

White Sauce. Refer to November 6.

Boiled Potatoes. Refer to November 3.

Boiled Corn. Refer to August 8.

Peach Tapioca Pudding

Use 6 sliced peaches in place of apples, and prepare as apple tapioca pudding, refer to January 4.

August 25

Chopped Hashed Potatoes. Refer to August 20.

Eggs Scrambled with Tomato

Refer to November 3.

Coffee. Refer to November 1.

Creamed Corn on Toast

Use left over corn in place of string beans, and prepare as creamed string beans, refer to July 26. Serve on

Toasted Bread. Refer to November 1.

Sliced Bananas. Refer to August 14.

Butter Cake. Refer to November 11.

Confectioner's Frosting. Refer to May 5.

Oven Cooked Fish and Potato Croquettes

Use halibut in place of salmon, and prepare as salmon and potato balls, refer to June 18, shape in flat round cakes, put in baking pan, with 1 teaspoon Hood's butter on each croquette ; brown in hot oven.

String Beans. Refer to July 25.

Frozen Whipped Cream. Refer to August 14.

August 26

Fried Bananas

Cut 4 bananas in halves lengthwise, fry in the frying pan in Hood's butter until browned on both sides.

Graham Muffins. Refer to November 3.

Coffee. Refer to November 1.

Tomato Salad with Mayonnaise and Whipped Cream

Arrange peeled sliced tomatoes on lettuce leaves and garnish with quick mayonnaise dressing, refer to December 8, and ½ cup Hood's medium cream, beaten until thick and seasoned with salt. Arrange the whipped cream on the mayonnaise dressing.

Cake. Prepared August 25.

Baked Apples with Nuts

Prepare spiced baked apples, refer to August 22, and mix ¼ cup walnut meats cut in small pieces with the sugar in place of the spice.

Boiled Swordfish. Refer to August 4.

Buttered Potatoes. Refer to January 19.

Creamed String Beans. Refer to July 26.

Cottage Pudding. Refer to May 14.

Hard Sauce. Refer to November 4.

August 27

Creamed Codfish. Refer to November 6

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Huckleberries. Refer to August 11.

Cake. Prepared August 25.

Flounders in Pork Fat

Prepare as fried swordfish, refer to June 12, having the flounders skinned and boned.

Hashed Brown Potatoes. Refer to December 24.

Sliced Tomatoes. Refer to August 13.

Apple Pie with Whipped Cream

Prepare apple pie, refer to January 11, and serve hot with whipped cream, refer to November 4.

August 28

Coffee. Refer to November 1.

Eggs Baked in Tomatoes. Refer to July 30.

Rye Muffins. Refer to November 7.

Macaroni Baked with Cheese

Prepare macaroni with white sauce, refer to April 27, add ½ cup Hood's full cream cheese grated. Put in

baking dish, cover with ½ cup buttered cracker crumbs, and reheat in hot oven.

Boiled Corn. Refer to August 8.

Hot Biscuit. Refer to November 7.

Blueberry Pie. Refer to July 28.

Beans Baked with Butter. Refer to July 24.

Steamed Graham Bread. Refer to January 2.

Chocolate Cup Custards

Scald the milk, add 1 square melted chocolate, and prepare as baked custards, refer to November 7.

August 29

Corn Omelet

Use corn in place of fish and prepare as fish omelet, refer to March 18.

White Sauce. Refer to November 6.

Reheated Graham Bread. Refer to November 1.

Coffee. Refer to November 1.

Reheated Roast Veal

Roast a leg of veal, refer to May 23. The veal may be roasted and reheated the following day.

Gravy. Refer to November 8.

Mashed Potatoes. Refer to November 1.

Cauliflower with Cheese Sauce

Prepare boiled cauliflower, refer to November 1. When ready to serve pour over cheese sauce, refer to February 5.

Spice Cakes. Refer to December 23.

Milk Sherbet. Refer to November 8.

August 30

Fried Potato Cakes. Refer to November 2.

Graham Muffins. Refer to November 3.

Coffee. Refer to November 1.

Reheated Baked Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

Sliced Peaches. Refer to August 17.

Spice Cakes. Prepared August 29.

Cold Roast Veal. Prepared August 29.

Gravy. Prepared August 29.

Baked Potatoes. Refer to November 4.

Scalloped Cauliflower

Prepare as cabbage scalloped with cheese, using cauliflower in place of cabbage, refer to November 5.

Old Fashioned Blackberry Shortcake

Prepare as old fashioned strawberry shortcake, using blackberries in place of strawberries, refer to May 31.

August 31

Creamed Scrambled Eggs. Refer to December 2.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Cold Baked Beans. Refer to July 12.

Pickled Beets. Refer to January 23.

Hot Biscuit. Refer to November 7.

Cheese and Jelly. Refer to November 5.

Veal Reheated with Tomato Sauce

Reheat left over cold veal in tomato sauce, refer to December 12.

Boiled Macaroni. Refer to August 12.

Baked Blueberry Pudding. Refer to July 23.

Hard Sauce. Refer to November 4.

A Perfect Milk is a Perfect Food

"Do not think that any milk is good enough for the baby. If possible, *be sure of your supply;* keep it separated from that used by the family, and give it exceptional care. Sterilize or pasteurize such milk only with physician's advice and directions." Hood's milk is Pure, Clean and Safe.

State Board of Agriculture, Nature Leaflet No. 40.

Cost of Living for August

August 1-8		*August 8-15*	
12 qts. milk	$1.08	12 qts. milk	$1.08
2½ lbs. butter, at 34 cts.	.85	2½ lbs. butter, at 34 cts.	.85
2 doz. eggs, at 36 cts.	.72	2 doz. eggs	.70
7 half pint jars light cream	.49	7 jars light cream	.49
1 half pt. jar medium cream	.10	Jar medium cream	.10
Cottage cheese	.05	1 qt. buttermilk	.07
½ lb. full cream cheese	.11	Cottage cheese	.05
Coffee	.28	Cereal	.08
Pineapple	.10	Potatoes	.10
Ice and salt	.10	Coffee	.28
Nuts	.05	Cantaloupes, 2	.25
Vanilla	.05	Graham flour	.01
Flour	.20	Flour	.20
Sugar	.18	Sugar	.18
Spices and salt	.02	Baking powder	.02
Cereal	.05	Spices and salt	.02
2 lbs. salmon	.60	2 lemons	.04
Potatoes	.10	4 lbs. chicken	.72
2 qts. string beans	.20	Salt pork and rice	.07
Graham flour	.01	Gelatin	.02
Baking powder	.04	Corn, 1 doz. ears	.20
Blackberries	.13	Vanilla and cornstarch	.06
Apples and lard	.12	Shredded wheat	.08
Bananas	.20	Tomatoes	.15
Shredded wheat	.04	Oil	.10
1 lb. tripe	.12	Vinegar	.03
Tomatoes	.02	1 pt. clams and crackers	.23
2 yeast cakes	.04	Jelly and ½ cabbage	.13
Codfish	.06	2 yeast cakes	.04
Rye and corn meal	.03	Blackberries, 1 box	.13
Oil	.05	Lard and huckleberries	.16
Vinegar and jelly	.09	Pickles	.03
Crackers	.08	1½ lbs. swordfish	.20
1 lb. swordfish	.15	Bananas, 1 doz.	.20
2 cantaloupes	.25	Corn and rye meal	.02
Molasses	.03	1 lb. veal steak	.35
4 lemons	.08	Canned tomatoes	.02
1 lb. veal steak	.35	Macaroni	.03
Rice and tapioca	.04	Blueberries, 1 box	.15
Vanilla	.02	Molasses and nuts	.08
1 pt. clams	.13	Mackerel	.25
Salt pork	.02	Tapioca	.01
Beets and mackerel	.29	Lettuce	.05
Blueberries, 1 box	.15	¼ lb. bacon and beans	.12
Beans and ½ cabbage	.15	Ice and salt	.05
Total for week	$8.02	Total for week	$8.20

August 15-22

14 qts. milk	$1.26
2½ lbs. butter	.85
9 half pint jars light cream	.63
2 doz. eggs	.70
Cottage cheese	.05
Coffee	.28
Flour	.20
Sugar	.18
Spices and salt	.02
Baking powder	.05
Cereal	.06
Corn and rye meal	.03
Graham flour	.01
Molasses and oil	.07
2 lbs. salmon	.60
½ pk. peas	.25
Gelatin	.01
1 box blackberries	.13
Crackers	.10
Shredded wheat	.04
Canned tomatoes	.03
Jelly	.05
Potatoes	.10
Apples	.05
Lard	.02
Codfish	.06
Vinegar	.02
Rice	.03
1 lb. veal	.35
2 yeast cakes	.04
Peaches	.12
Lettuce	.05
3 lemons	.06
Ice and salt	.05
Cocoa	.02
1 pt. clams	.13
Tomatos	.10
Huckleberries	.13
4 lbs. haddock	.28
Nuts	.05
1 lb. tripe	.12
Watermelon	.35
2 qts. shell beans	.15
Total for week	$7.88

August 22-31

18 qts. milk	$1.62
12 half pt. jars light cream	.84
2 half pt. jars medium cream	.20
2½ doz. eggs, at 35 cts	.88
3½ lbs. butter, at 34 cts	1.19
2 cottage cheeses	.10
¼ lb. full cream cheese	.06
Coffee	.35
4 lbs. fowl	.60
Ice and salt	.13
Vanilla	.03
Spices and salt	.02
Baking powder and flour	.24
Sugar and potatoes	.28
Crackers and apples	.20
Cereal and green pepper	.08
Vegetables	.02
3 boxes blueberries	.39
Shredded wheat	.04
1 doz. bananas	.20
Beets and vinegar	.08
4 yeast cakes and jelly	.18
1½ lbs. halibut	.30
Peaches	.15
Tapioca	.02
Tomatoes, canned	.02
2 qts. string beans	.10
Graham flour	.03
Tomatoes	.10
Oil	.05
1 lb. swordfish	.15
Codfish	.02
Huckleberries	.13
1½ lbs. flounder	.23
2 doz. ears corn	.30
Rye meal and lard	.05
Salt pork	.02
Macaroni	.06
Beans	.08
Molasses	.02
Chocolate	.03
6 lbs. roast veal	.75
Cauliflower	.15
3 lemons	.06
Blackberries	.15
Total for week	$10.71
Total for month	$34.81

Lowering the Cost

August 1-8

Coffee	$0.28
7 jars light cream	.49
Cantaloupes	.25
Jelly	.05
Use 2 lbs. halibut, 40 cts., in place of salmon, 60 cts.	.20
Total for week	$1.27

August 8-15

7 jars light cream	$0.49
Coffee	.28
Cantaloupes	.25
Shredded wheat, 8 cts., use corn flakes, 2 cts	.06
Jelly	.05
Pickles	.03
Bacon	.04
Total for week	$1.20

August 15-22

7 half pt. jars light cream	$0.49
Coffee	.28
Use 2 lbs. halibut, 40 cts., in place of salmon, 60 cts.	.20
Omit peas, 25 cts., use 2 qts. string beans, 10 cts.	.15
Jelly	.05
Use 1 lb. lower round, 15 cts., in place of veal, 35 cts.	.20
Omit nuts	.05
Total for week	$1.42

August 22-31

10 half pt. jars light cream	$0.70
1 half pt. jar medium cream	.10
1 lb. coffee	.35
Green pepper	.02
1 box blueberries	.13
Jelly	.10
4 tomatoes, use boiled eggs	.05
Chocolate	.03
Peaches, 15 cts., use apples, 5 cts	.10
Total for week	$1.58
Total for month	$5 47

Memoranda

Month of September

"BREAST-HIGH AMID THE CORN"

STON
PUBLIC
LIBRARY

FEEDING OF CHILDREN

Written for DAILY LIVING

By

D. T. PERCY, M.D.

It is well understood by most parents that the proper diet for their children between the ages of three and six years is one consisting of milk, milk soups, cereals, bread, butter, vegetables, fruit and a little meat at the midday meal only.

I find, however, that there are very few of these parents who realize that this same diet is also most suitable for the child from six to eleven. There is no doubt but what the greatest mistakes are made in the feeding of children at this latter period. The substitution of the hearty dinner of meat and vegetables for the wholesome supper of milk and cereals with a simple dessert is largely responsible for the attacks of indigestion and the various nervous disorders to which children at this age are liable. The middle of the day is the only proper time for the meat meal, and the simple supper should be continued until the age of twelve at least.

Within a few weeks I have had brought to me for treatment three pale, nervous and poorly nourished children suffering from Saint-Vitus's-dance and upon inquiry I found that these children of eight and ten had been allowed to eat the hearty dinner of meat and vegetables at night, with the family, after a lunch at noon which included meat. Now I would not say that

this excess of meat was the only cause for their condition, but I am sure it contributed largely to it, and two meals a day consisting principally of milk, cereals and bread and butter will do much to improving the nutrition of these children and bringing about a cure of the nervous disorder.

I am frequently told by mothers that they have great difficulty in getting their children to eat milk and cereals twice a day or, in many cases, once a day, but I find in a number of these cases it is the poor quality of the milk and the absence of a little cream on the cereal that the children object to, and when this is corrected they take it readily.

The importance of continuing milk as the chief article of food for two of the meals a day for the school child between six and ten has certainly not been sufficiently impressed upon the minds of parents, but if such a course is pursued the development of the child is all that could be desired.

Oct. 26, 1908.
ARLINGTON, MASS.

September 1

Breakfast

Wheat Cereal Eggs Baked in Tomatoes
Graham Muffins Coffee

Luncheon or Supper

Lettuce and Pepper Salad French Dressing
Apples Baked with Dates Bread and Butter

Dinner

Baked Swordfish
Boiled Potatoes Butter Gravy
Tapioca Cream

September 2

Breakfast

Boiled Hominy Creamed Fish and Potatoes Coffee

Luncheon or Supper

Oyster Stew Crackers
Dates Stuffed with Cottage Cheese
Baking Powder Biscuit

Dinner

English Beef Soup Dressed Lettuce
Peach Fritters Currant Jelly Sauce

September 3

Breakfast

Wheat Cereal Hominy Griddle Cakes
Maple Syrup Coffee

Luncheon or Supper

Creamed Celery on Toast Cheese and Jelly Crackers

Dinner

Baked Mackerel
French Fried Potatoes Sliced Tomatoes
Rice Pudding

September 4

Breakfast

Oat Cereal Milk Toast Coffee

Luncheon or Dinner

Broiled Lamb Chops
Baked Potatoes Hot Biscuit
Apple Tarts

Dinner or Supper

Beans Baked with Tomato Steamed Graham Bread
Custard Pie

September 5

Breakfast

Reheated Baked Beans Reheated Brown Bread
Baked Apples Coffee

Dinner

Hindquarter Roast Lamb
Mashed Potatoes Mint Sauce
Gravy Celery
Frozen Whipped Cream

Tea

Nut Biscuit Cocoa

September 6

Breakfast

Oat Cereal
Fried Potato Cakes Toasted Brown Bread
Coffee

Luncheon or Supper

Spanish Beans with Canned Tomatoes
Toasted Bread
Peaches with Light Cream

Dinner

Fricassee of Lamb Boiled Potatoes
Boiled Onions
Steamed Suet Pudding Foamy Sauce

September 7

Breakfast

Oat Cereal

Creamed Potatoes Rye Muffins

Coffee

Luncheon or Supper

Potato Soup Hot Biscuit

Sliced Plums Butter Cake

Chocolate Frosting

Dinner

Rice Croquettes Jelly

Cold Sliced Lamb Gravy

Cold Indian Pudding

September 8

Breakfast

Shredded Wheat Biscuit

Bananas Corn Muffins

Coffee

Luncheon or Supper

Boiled Shell Beans Toasted Bread

Canned Peaches Cake

Dinner

Lamb and Green Pea Stew

Boiled Potatoes Apple Dumplings

Molasses Sauce

September 9

Breakfast

Wheat Cereal Hashed Brown Potatoes Coffee

Luncheon or Supper

Macaroni Baked with Cheese

Sliced Bananas Cake

Dinner

Fish Chowder New Pickles

Baked Cracker Pudding Custard Sauce

September 10

Breakfast

Oat Cereal Omelet White Sauce
Toasted Bread Coffee

Luncheon or Supper

Scalloped Fish Baking Powder Biscuit
Cheese and Jelly

Dinner

Baked Mackerel Buttered Potatoes
Sliced Tomatoes
Banana Pudding Boiled Custard

September 11

Breakfast

Oat Cereal
Creamed Codfish Toasted Bread
Coffee

Luncheon or Dinner

Broiled Tripe Hot Biscuit
Apples Baked with Meringue
Boiled Custard

Dinner or Supper

Baked Beans Brown Bread
Chili Sauce Baked Caramel Custards

September 12

Breakfast

Fish Balls Corn Cake Coffee

Dinner

Fowl Southern Style
Mashed Potatoes Currant Jelly
Cantaloupes with Vanilla Ice Cream

Tea

Creamed Cheese (Chafing Dish) Crackers

September 13

Breakfast

Oat Cereal Fried Potato Cakes
Rye Muffins Coffee

Luncheon or Supper

Reheated Baked Beans Reheated Brown Bread
Cabbage Salad Boiled Dressing Baked Apples
Baking Powder Biscuit

Dinner

Chicken Croquettes White Sauce
Steamed Rice Peach Dumplings
Custard Sauce

September 14

Breakfast

Wheat Cereal
Reheated Baked Beans Reheated Brown Bread
Coffee

Luncheon or Supper

White Soup with Left Over Rice
Hot Biscuit Canned Pears

Dinner

Stuffed Rolled Roast
Mashed Potatoes Scalloped Onions
Apple Pie

September 15

Breakfast

Oat Cereal Creamed Codfish
Toasted Bread Coffee

Luncheon or Supper

Potato and Beet Salad Boiled Dressing
Bread and Butter
Cream Cakes Whipped Cream Filling

Dinner

Cold Stuffed Roast Potato Puff Boiled Cabbage
Peach Pie Whipped Cream

September 16

Breakfast

Oat Cereal Milk Toast Coffee

Luncheon or Supper

Potato Soup Cheese Croutons
Cream Cakes Cocoa

Dinner

Fried Smelts French Fried Potatoes Sauce Tartare
Pickled Peaches Bread and Butter

September 17

Breakfast

Oat Cereal
Eggs Scrambled with Tomato
Toasted Bread Coffee

Luncheon or Supper

Creamy Welsh Rarebit Crackers
Baked Apples Tea Muffins

Dinner

Fish Chowder
Pickles Apple Fritters
Currant Jelly Sauce

September 18

Breakfast

Oat Cereal Milk Toast Coffee

Luncheon or Dinner

Scalloped Fish Hot Biscuit
Grape Jelly Cottage Cheese

Dinner or Supper

Baked Beans Brown Bread
Chili Sauce Baked Custards

September 19

Breakfast

Reheated Baked Beans Reheated Brown Bread
Raised Doughnuts Coffee

Dinner

Rib Roast of Beef
Roast Potatoes Gravy
Buttered Brussels Sprouts
Old Fashioned Peach Shortcake

Tea

Crackers Hood's Milk Baked Apples

September 20

Breakfast

Oat Cereal Creamed Scrambled Eggs Toasted Bread
Doughnuts Coffee

Luncheon or Supper

Reheated Baked Beans Toasted Brown Bread
Baked Pears Hot Gingerbread

Dinner

Cold Roast Beef Gravy Mashed Potatoes
Creamed Brussels Sprouts
Indian Pudding with Whipped Cream

September 21

Breakfast

Oat Cereal
Fried Potato Cakes
Rye Muffins Coffee

Luncheon or Supper

Baked Macaroni with Cheese
Hot Biscuit Gingerbread Cream Pie

Dinner

Reheated Roast Beef Mashed Turnips
Steamed Fruit Pudding Hard Sauce

September 22

Breakfast

Oat Cereal

Creamed Scrambled Eggs

Toasted Bread Coffee

Luncheon or Supper

Welsh Rarebit Crackers

Canned Fruit Bread and Butter

Dinner

Broiled Finnan Haddie

Baked Potatoes Pickles

Indian Pudding

September 23

Breakfast

Shredded Wheat Biscuit

Bananas Corn Cake

Coffee

Luncheon or Supper

Scalloped Oysters Toasted Bread Cheese and Jelly

Dinner

Lamb Chops in Casserole

Boiled Potatoes Boiled Onions

Baked Apples Whipped Cream

September 24

Breakfast

Oat Cereal Creamed Codfish and Potatoes Coffee

Luncheon or Supper

Emergency Soup Sliced Bananas

Baking Powder Biscuit

Dinner

Smelts in Pork Fat French Fried Potatoes

Broiled Tomatoes

Coffee Jelly Whipped Cream

September 25

Breakfast

Oat Cereal Milk Toast Coffee

Dinner or Luncheon

Fried Sausages Bananas in Sausage Fat
Hot Biscuit Apple Pie

Dinner or Supper

Baked Beans Brown Bread
Chili Sauce Baked Custards

September 26

Breakfast

Reheated Baked Beans Reheated Brown Bread
Coffee Grapes

Dinner

Roast Chicken
Mashed Potatoes Gravy Cranberry Jelly
Caramel Charlotte

Tea

Toasted Bread Baked Apples Cocoa

September 27

Breakfast

Wheat Cereal
Reheated Baked Beans Toasted Brown Bread
Coffee

Luncheon or Supper

Potato Soup Toasted Bread
Stewed Grapes Sugar Cookies

Dinner

Cold Roast Chicken
Steamed Rice Cranberry Jelly
Apple Dumplings Hard Sauce

September 28

Breakfast

Oat Cereal
Rice Griddle Cakes
Maple Syrup Coffee

Luncheon or Supper

Tomato and Celery Salad Mayonnaise Dressing
Hot Biscuit Grape Juice Jelly
Cookies

Dinner

Meat Balls Baked Potatoes
Boiled Corn Tapioca Cream

September 29

Breakfast

Oat Cereal
Eggs Scrambled with Tomato
Graham Muffins Coffee

Luncheon or Supper

Lettuce and Apple Salad French Dressing
Bread and Butter
Corn Fritters Maple Syrup

Dinner

Baked Swordfish Boiled Potatoes
Butter Gravy
Canned Fruit Bread and Butter

September 30

Breakfast

Wheat Cereal
Oven Broiled Bacon Hashed Brown Potatoes
Coffee

Luncheon or Supper

Creamed Celery on Toast
Cookies Cottage Cheese

Dinner

English Beef Soup Cream Pie Chocolate Filling

September 1

Wheat Cereal. Refer to November 2.

Eggs Baked in Tomatoes. Refer to July 30.

Graham Muffins. Refer to November 3.

Coffee. Refer to November 1.

Lettuce and Pepper Salad. Refer to July 22.

French Dressing. Refer to November 7.

Apples Baked with Dates

Pare and core the apples, and fill in the centre of the apples with dates which have been wiped, stoned and cut in small pieces. Bake until the apples are soft.

Baked Swordfish. Refer to June 2.

Boiled Potatoes. Refer to November 3.

Butter Gravy. Refer to November 3.

Tapioca Cream. Refer to December 19.

September 2

Boiled Hominy. Refer to January 2.

Creamed Fish and Potatoes. Refer to June 3.

Coffee. Refer to November 1.

Oyster Stew. Refer to November 6.

Dates Stuffed with Cottage Cheese

Wipe and stone the dates. Shape Hood's cottage cheese into small balls, and press into the opening of each date.

Baking Powder Biscuit. Refer to November 2.

English Beef Soup. Refer to December 29.

Dressed Lettuce. Refer to November 9.

Peach Fritters

Use peaches in place of apples and prepare as apple fritters, refer to February 24.

Currant Jelly Sauce. Refer to November 6.

September 3

Wheat Cereal. Refer to November 2.

Hominy Griddle Cakes

Use left over hominy in place of rice, and prepare as rice griddle cakes, refer to November 5.

Coffee. Refer to November 1.

Creamed Celery on Toast

Prepare as creamed celery and cheese, omitting the cheese, refer to January 18. Serve on toasted bread.

Cheese and Jelly. Refer to November 5.

Baked Mackerel. Refer to June 12.

French Fried Potatoes. Refer to January 5.

Sliced Tomatoes. Refer to August 13.

Rice Pudding. Refer to December 14.

September 4

Oat Cereal. Refer to November 4.

Milk Toast. Refer to December 27.

Coffee. Refer to November 1.

Broiled Lamb Chops

Wipe the chops ordered with the hindquarter of lamb. Broil as broiled forequarter chops, refer to January 20.

Baked Potatoes. Refer to November 4.

Hot Biscuit. Refer to November 7.

Apple Tarts. Refer to August 3.

Beans Baked with Tomato. Refer to January 16.

Steamed Graham Bread. Refer to January 2.

Custard Pie. Refer to January 30.

September 5

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Mashed Potatoes. Refer to November 1.

Baked Apples. Refer to November 1.

Coffee. Refer to November 1.

Hindquarter Roast Lamb

Prepare as roast lamb, refer to roast lamb, November 22. Roast 15 minutes to the pound and an extra 15 minutes for the meat to heat through.

Mint Sauce. Refer to March 15.

Gravy. Refer to November 8.

Frozen Whipped Cream. Refer to August 14.

Fruit and Nut Biscuit

Prepare baking powder biscuit mixture, refer to November 2, add to the dry ingredients ⅓ cup walnut

meats, cut in small pieces, and proceed as for baking powder biscuit.

Cocoa

Refer to December 13.

September 6

Oat Cereal. Refer to November 4.

Fried Potato Cakes. Refer to November 2.

Toasted Brown Bread. Refer to November 2.

Coffee. Refer to November 1.

Spanish Beans with Canned Tomatoes

Refer to May 11.

Canned Tomatoes

Put ripe tomatoes into boiling water, and let stand a few minutes, then turn off the water, and peel, put in preserving kettle, with ½ teaspoon salt for each quart of tomatoes, mash, bring to the boiling point, when thoroughly heated and boiling put into canning jars and seal.

Toasted Bread. Refer to November 1.

Peaches with Light Cream. Refer to August 17.

Boiled Potatoes. Refer to November 3.

Boiled Onions. Refer to November 8.

Fricassee of Lamb. Refer to November 12.

Steamed Suet Pudding

Add ⅓ cup finely chopped suet to ½ cup each molasses and Hood's milk, add 1 of Hood's eggs well beaten, mix and sift 1⅓ cups flour with ¾ teaspoon

soda and ½ teaspoon salt and add to the first mixture, beat well, turn into buttered mould, and steam 3 hours. Serve with

Foamy Sauce

Cream ¼ cup Hood's butter, add ½ cup sugar and when ready to serve add ¾ cup Hood's milk scalded. Beat well and add ½ teaspoon vanilla.

September 7

Oat Cereal. Refer to November 4.

Creamed Potatoes. Refer to November 4.

Rye Muffins. Refer to November 7.

Coffee. Refer to November 1.

Potato Soup. Refer to January 16.

Hot Biscuit. Refer to November 7.

Sliced Plums

Wipe the plums, and cut in small pieces without peeling. Sprinkle with sugar.

Butter Cake. Refer to November 11.

Chocolate Frosting. Refer to November 11.

Rice Croquettes. Refer to November 16.

Cold Sliced Lamb. Prepared September 5.

Gravy. Prepared September 5.

Cold Indian Pudding. Refer to November 5.

September 8

Shredded Wheat Biscuit. Refer to March 20.

Corn Muffins. Refer to December 16.

Coffee. Refer to November 1.

Boiled Shell Beans

Shell 2 quarts beans, put in saucepan with 1 teaspoon salt and a 2 inch cube of salt pork. Cover with boiling water and cook until the beans are soft.

Toasted Bread. Refer to November 1.

Cake. Prepared September 7.

Canned Peaches

Cover peaches with boiling water, let stand a few minutes, then drain, peel and cut in halves, removing the stone. Boil together 5 minutes sugar and water, using the proportion of 2 cups water and 4 cups sugar, cook the peaches in the syrup until soft, cooking at one time enough for 1 jar, pack the fruit into the jar, overflow the jar with the syrup and seal.

Lamb and Pea Stew. Refer to February 16.

Boiled Potatoes. Refer to November 3.

Apple Dumplings. Refer to November 4.

Molasses Sauce. Refer to December 30.

September 9

Wheat Cereal. Refer to November 2.

Hashed Brown Potatoes. Refer to December 24.

Coffee. Refer to November 1.

Macaroni Baked with Cheese
Refer to December 24.

Sliced Bananas. Refer to August 14.

Cake. Prepared September 7.

Fish Chowder. Refer to December 4.

Pickles

For 50 cucumbers, very small, allow 2 quarts vinegar, ¼ cup each salt and mustard, and ⅔ cup sugar. Wipe the cucumbers, pack into jars, mix the vinegar with the dry ingredients, and turn over the cucumbers.

Baked Cracker Pudding

Substitute ¾ cup rolled cracker crumbs for bread crumbs, and proceed as for queen pudding, refer to November 6.

Custard Sauce. Refer to November 2.

September 10

Oat Cereal. Refer to November 4.

Omelet. Refer to December 5.

White Sauce. Refer to November 6.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Scalloped Fish. Refer to November 11.

Baking Powder Biscuit. Refer to November 2.

Cheese and Jelly. Refer to November 5.

Baked Mackerel. Refer to June 12.

Buttered Potatoes. Refer to January 19.

Sliced Tomatoes. Refer to August 13.

Banana Pudding. Refer to March 3.

Boiled Custard. Refer to March 3.

September 11

Oat Cereal. Refer to November 4.

Creamed Codfish. Refer to November 6.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Broiled Tripe. Refer to January 21.

Hot Biscuit. Refer to November 7.

Boiled Custard. Prepared September 10.

Apples Baked with Meringue

Pare and core 6 apples, put in baking dish with a little water, and sprinkle the apples with sugar. When baked beat the white of 1 of Hood's eggs stiff, add 2 tablespoons sugar, and put a part of the meringue on the top of each apple. Bake about 6 minutes in a moderate oven.

Baked Beans. Refer to November 7.

Brown Bread. Refer to November 7.

Chili Sauce

To 1 dozen ripe tomatoes peeled and sliced add 1 green pepper and 2 onions finely chopped, put in preserving kettle, add 2 cups vinegar, ¼ cup brown sugar,

3 teaspoons salt, 1 teaspoon each cinnamon, clove, allspice and grated nutmeg. Heat to the boiling point, and cook very slowly about 3 hours.

Baked Caramel Custards. Refer to February 27.

September 12

Fish Balls. Refer to November 8.

Corn Cake. Refer to December 1.

Coffee. Refer to November 1.

Fowl Southern Style. Refer to November 1.

Mashed Potatoes. Refer to November 1.

Currant Jelly. Prepared June 24.

Cantaloupes with Ice Cream

Prepare 2 cantaloupes, refer to August 4. When ready to serve fill with vanilla ice cream, refer to November 1.

Creamed Cheese (chafing dish). Refer to May 31.

September 13

Oat Cereal. Refer to November 4.

Fried Potato Cakes. Refer to November 2.

Rye Muffins. Refer to November 7.

Coffee. Refer to November 1.

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Cabbage Salad. Refer to November 7.

Boiled Dressing. Refer to November 2.

Baked Apples. Refer to November 1.

Baking Powder Biscuit. Refer to November 2.

Chicken Croquettes. Refer to March 8.

White Sauce. Refer to November 6.

Steamed Rice. Refer to November 4.

Peach Dumplings

Use 1 peach, pared and stoned, for each dumpling, and prepare as apple dumplings, refer to November 4.

Custard Sauce. Refer to November 2.

September 14

Wheat Cereal. Refer to November 2.

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

White Soup with Left Over Rice

Cook the stock left from September 13 and left over rice 15 minutes in the double boiler, season with salt.

Hot Biscuit. Refer to November 7.

Canned Pears

Peel, quarter, and core the pears, and proceed as for canned peaches, refer to September 8.

Stuffed Rolled Roast. Refer to November 18.

Mashed Potatoes. Refer to November 1.

Scalloped Onions

Prepare creamed onions, refer to January 24, put in baking dish, cover with ½ cup buttered cracker crumbs, and reheat in a hot oven.

Apple Pie. Refer to January 11.

September 15

Oat Cereal. Refer to November 4.

Creamed Codfish. Refer to November 6.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Potato and Beet Salad. Refer to May 29.

Boiled Dressing. Prepared September 13.

Cream Cakes. Refer to June 19.

Whipped Cream Filling

Beat the white of 1 of Hood's eggs until stiff, add ⅓ cup sugar and ½ teaspoon vanilla, fold in ½ cup Hood's medium cream, beaten until thick.

Cold Stuffed Roast. Prepared September 14.

Potato Puff. Refer to January 25.

Boiled Cabbage. Refer to February 6.

Peach Pie

Prepare as apple pie, refer to January 11, using peaches in place of apples. Serve with

Whipped Cream. Refer to November 4.

September 16

Oat Cereal. Refer to November 4.

Milk Toast. Refer to December 27.

Coffee. Refer to November 1.

Potato Soup. Refer to January 16.

Cheese Croutons. Refer to February 3.

Cream Cakes. Prepared September 15.

Cocoa. Refer to December 13.

Fried Smelts. Refer to January 30.

French Fried Potatoes. Refer to January 5.

Sauce Tartare. Refer to January 15.

Pickled Peaches

Dip the peaches in boiling water, then wipe dry. Boil together 5 minutes 6 cloves, 1 piece stick cinnamon, 4 cups brown sugar and 1 pint vinegar. Cook the peaches in syrup until soft, then proceed as for canned peaches, refer to September 8.

September 17

Oat Cereal. Refer to November 4.

Eggs Scrambled with Tomato

Refer to November 3.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Creamy Welsh Rarebit. Refer to March 28.

Baked Apples. Refer to November 1.

Tea Muffins. Refer to May 20.

Fish Chowder. Refer to December 4.

Pickles. Prepared September 9.

Apple Fritters. Refer to February 24.

Currant Jelly Sauce. Refer to February 14.

September 18

Oat Cereal. Refer to November 4.

Milk Toast. Refer to December 27.

Coffee. Refer to November 1.

Scalloped Fish. Refer to November 11.

Hot Biscuit. Refer to November 7.

Grape Jelly

Use under ripe grapes, and proceed as for currant jelly, refer to June 24.

Cheese and Jelly. Refer to November 5.

Baked Beans. Refer to November 7.

Brown Bread. Refer to November 7.

Chili Sauce. Prepared September 11.

Baked Custards. Refer to November 7.

September 19

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee

Refer to November 1.

Raised Doughnuts

Add ½ teaspoon salt and 1 yeast cake dissolved in ¼ cup lukewarm water to 1 cup of Hood's milk which has been scalded and then cooled, add 1½ cups flour, beat well and let rise until light, then add ¼ cup Hood's butter melted, 1 of Hood's eggs well beaten, ¾ cup sugar, ½ teaspoon grated nutmeg, and ¼ teaspoon cinnamon, add flour to make a stiff dough, about 1½ cups, let rise until doubled in bulk. Turn out onto floured board, adding more flour if necessary to make them stiff enough to knead. Knead, shape into balls, let rise again, and fry in deep fat.

Rib Roast of Beef

Order 5 pounds of the first or second rib roast, proceed as for roast beef, refer to February 28.

Roast Potatoes. Refer to November 22.

Gravy. Refer to November 8.

Buttered Brussel Sprouts

Pick the wilted leaves from 1 quart basket Brussels sprouts, and cook as boiled cabbage, refer to February 6. Drain, season with salt and add 2 tablespoons Hood's butter.

Old Fashioned Peach Shortcake

Use peaches in place of strawberries, and prepare as old fashioned strawberry shortcake, refer to May 31.

Baked Apples

Refer to November 1.

September 20

Oat Cereal. Refer to November 4.

Creamed Scrambled Eggs. Refer to December 2.

Toasted Bread. Refer to November 1.

Doughnuts. Prepared September 19.

Coffee. Refer to November 1.

Reheated Baked Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

Hot Gingerbread. Refer to November 3.

Baked Pears

Use pears in place of apples, and proceed as for apples baked in casserole, refer to January 10.

Cold Roast Beef. Prepared September 19.

Gravy. Prepared September 19.

Mashed Potatoes. Refer to November 1.

Creamed Brussels Sprouts

Use left over Brussels sprouts in place of peas and proceed as for creamed peas, refer to February 15.

Indian Pudding with Whipped Cream

Prepare Indian pudding, refer to November 5, and serve hot with whipped cream, refer to November 4.

September 21

Oat Cereal. Refer to November 4.

Fried Potato Cakes. Refer to November 2.

Rye Muffins. Refer to November 7.

Coffee. Refer to November 1.

Baked Macaroni with Cheese
Refer to August 28.

Hot Biscuit. Refer to November 7.

Gingerbread Cream Pie
Bake ½ the recipe gingerbread, prepared September 20, in 2 round cake tins. When ready to serve, fill with whipped cream, refer to November 4.

Reheated Roast Beef. Refer to December 8.

Mashed Turnips. Refer to November 6.

Steamed Fruit Pudding. Refer to November 20.

Hard Sauce. Refer to November 4.

September 22

Oat Cereal. Refer to November 4.

Creamed Scrambled Eggs. Refer to December 2.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Welsh Rarebit. Refer to November 8.

Broiled Finnan Haddie. Refer to July 8.

Baked Potatoes. Refer to November 4.

Pickles. Refer to September 9.

Indian Pudding. Refer to November 5.

September 23

Shredded Wheat Biscuit. Refer to March 20.

Corn Cake. Refer to December 1.

Coffee. Refer to November 1.

Scalloped Oysters. Refer to December 11.

Toasted Bread. Refer to November 1.

Cheese and Jelly. Refer to November 5.

Lamb Chops in Casserole. Refer to February 6.

Boiled Potatoes. Refer to November 3.

Boiled Onions. Refer to November 8.

Baked Apples. Refer to November 1.

Whipped Cream. Refer to November 4.

September 24

Oat Cereal. Refer to November 4.

Creamed Codfish and Potatoes. Refer to March 27.

Coffee. Refer to November 1.

Emergency Soup. Refer to November 5.

Sliced Bananas. Refer to August 14.

Baking Powder Biscuit. Refer to November 2.

Smelts in Pork Fat

Wipe 1½ pounds smelts, season with salt, and roll in corn meal, proceed as for flounders in pork fat, refer to August 27.

French Fried Potatoes. Refer to January 5.

Broiled Tomatoes. Refer to July 21.

Coffee Jelly. Refer to November 2.

Whipped Cream. Refer to November 4.

September 25

Oat Cereal. Refer to November 4.

Milk Toast. Refer to December 27.

Coffee. Refer to November 1.

Fried Sausages

Prepare and parboil sausages as for baked sausages, refer to December 20, drain, put in hot frying pan and brown.

Bananas in Sausage Fat

Cut 4 bananas in quarters, and fry in the fat with sausages.

Hot Biscuit. Refer to November 7.

Apple Pie. Refer to January 11.

Baked Beans. Refer to November 7.

Brown Bread. Refer to November 7.

Chili Sauce. Prepared September 11.

Baked Custards. Refer to November 7.

September 26

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Roast Chicken. Refer to November 8.

Mashed Potatoes. Refer to November 1.

Gravy. Refer to November 8.

Cranberry Jelly

Wash and pick over 1 quart cranberries, put in saucepan with 1 cup water, and boil 8 minutes, rub through a strainer, put in saucepan with 2 cups sugar, and boil 5 minutes, or until the mixture will jell.

Caramel Charlotte

Caramelize ½ cup sugar, refer to caramel ice cream, December 6, add the sugar to the scalded cream, and when dissolved proceed as for charlotte russe, refer to December 13.

Toasted Bread. Refer to November 1.

Baked Apples. Refer to November 1.

Cocoa. Refer to December 13.

September 27

Wheat Cereal. Refer to November 2.

Reheated Baked Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

Coffee. Refer to November 1.

Potato Soup. Refer to January 16.

Toasted Bread. Refer to November 1.

Stewed Grapes

Wash 3 cups grapes, remove from the stems, and snap out the pulp from the skins, cover the skins with cold water and cook until nearly soft, add the pulp, sweeten to taste, and boil 5 minutes.

Sugar Cookies. Refer to November 1.

Cold Roast Chicken. Prepared September 26.

Steamed Rice. Refer to November 4.

Cranberry Jelly. Prepared September 26.

Apple Dumplings. Refer to November 4.

Hard Sauce. Refer to November 4.

September 28

Oat Cereal. Refer to November 4.

Rice Griddle Cakes. Refer to November 5.

Coffee. Refer to November 1.

Tomato and Celery Salad

Slice 4 tomatoes and cut in small pieces, mix with an equal amount of finely cut celery, arrange on lettuce leaves and cover with

Mayonnaise Dressing. Refer to December 8.

Hot Biscuit. Refer to November 7.

Grape Juice Jelly

Use grape juice in place of orange and lemon juice, and prepare as orange jelly, refer to December 7.

Grape Juice

Use in the proportion of 1½ cups Concord grapes, 1 cup water and ½ cup sugar, and cook in a saucepan set in another pan containing hot water. Remove the stems from the grapes, wash, and cook with the water 1½ hours, add the sugar, and cook ½ hour longer. Drain several hours through cheese cloth placed over a strainer, cool and bottle.

Cookies. Prepared September 27.

Meat Balls. Refer to December 22.

Baked Potatoes. Refer to November 4.

Boiled Corn. Refer to August 8.

Tapioca Cream. Refer to December 19.

September 29

Oat Cereal. Refer to November 4.

Eggs Scrambled with Tomato

Refer to November 3.

Graham Muffins. Refer to November 3.

Coffee. Refer to November 1.

Lettuce and Apple Salad. Refer to November 7.

French Dressing. Refer to November 7.

Corn Fritters

To 1¼ cups corn cut from the cob, add 1 of Hood's eggs well beaten, ½ teaspoon salt, few grains paprika, and ⅓ cup flour, beat well, fry as griddle cakes, and serve with maple syrup.

Baked Swordfish. Refer to June 2.

Boiled Potatoes. Refer to November 3.

Butter Gravy. Refer to November 3.

September 30

Wheat Cereal. Refer to November 2.

Oven Broiled Bacon. Refer to December 3.

Hashed Brown Potatoes. Refer to December 24.

Coffee. Refer to November 1.

Creamed Celery on Toast. Refer to September 3.

Cookies. Prepared September 27.

English Beef Soup. Refer to December 29.

Cream Pie

Prepare ½ the recipe butter cake, refer to November 11. Bake in 2 round cake tins 12 to 15 minutes, remove from the tins and fill with

Chocolate Cream Filling

Add 1 square melted chocolate to cream filling, refer to June 19.

A Perfect Milk is a Perfect Food

During sixty-two years of continuous service not a single case of disease has been traced to Hood's milk.

Cost of Living for September

September 1-8

14 quarts milk	$1.26
2½ lbs. butter, at 41 cts	.93
1½ doz. eggs	.60
Jar medium cream	.10
2 cottage cheeses	.10
7 jars light cream	.49
Tomatoes	.08
Lettuce	.05
Green pepper	.01
Apples	.10
1 lb. dates	.10
1 lb. swordfish	.15
Oil	.10
Vinegar	.01
Tapioca	.01
Hominy	.02
1 pt. oysters	.20
½ lb. lower round	.08
Vegetables	.03
Jelly	.12
Peaches	.15
Lard	.05
Maple syrup	.05
Celery	.12
Crackers	.10
2 yeast cakes	.04
Mackerel	.25
Coffee and sugar	.46
Spices and salt	.02
Baking powder	.03
9 lbs. hindquarter lamb, at 12½ cts.	1.13
Mint and potatoes	.11
Nuts and raisins	.03
Ice and salt	.03
Cocoa and cereal	.10
Canned tomato	.01
Suet and vanilla	.04
Beans	.08
Pork	.04
Rye and Indian meal	.03
Molasses	.02
Plums	.10
Chocolate	.03
Rice	.03
Total for week	$7.59

September 8-15

13 qts. milk	$1.17
1½ doz. eggs	.60
2½ lbs. butter	.93
9 jars light cream	.63
1 cottage cheese	.05
½ lb. full cream cheese	.11
Shredded wheat	.04
Coffee and flour	.48
Spices and salt	.02
Baking powder	.03
Potatoes and cereal	.16
1 doz. bananas	.20
Peaches	.10
Can peas	.18
Apples	.10
Molasses	.02
Macaroni	.03
Pickles	.04
4 lbs. haddock	.28
Crackers	.10
Vanilla	.05
Jelly	.10
Mackerel	.25
Corn meal	.02
2 qts. shell beans	.10
Tomatoes	.05
Codfish	.06
1 lb. tripe	.12
2 yeast cakes	.04
Beans	.08
Pork	.06
Vegetables	.05
Rye meal	.02
Chili sauce	.04
Lard	.05
5 lbs. fowl	.75
2 cantaloupes	.25
Ice and salt	.05
3 lb. cabbage	.12
Vinegar	.01
Rice	.03
Peaches	.10
Canned pears	.10
½ of 3 lbs. lower round roast, 45 cts	.23
Total for week	$8.00

September 15-22

14 qts. milk	$1.26
2½ lbs. butter	.93
1½ dozen eggs	.60
7 jars light cream	.49
2 half pt. jars medium cream	.20
Cottage cheese	.05
½ lb. full cream cheese	.11
½ rolled roast	.22
Cereal	.08
Coffee	.28
Sugar	.18
Flour	.20
Spices and salt	.02
Baking powder	.05
Vanilla	.02
Potatoes	.10
Apples	.10
1½ lbs. smelts	.30
Oil	.05
Peaches	.20
Tomato	.01
Crackers	.15
4 lbs. haddock	.28
Pickles	.04
Lard	.10
Jelly	.08
2 yeast cakes	.04
Beans	.08
Pork	.04
Chili sauce	.04
Vegetables	.05
5 lbs. rib roast	.90
1 qt. brussels sprouts	.25
Pears	.10
Molasses	.02
Corn meal	.02
Rye meal	.02
Macaroni	.03
Dried fruit	.03
Total for week	$7.72

September 22-30

15 qts. milk	$1.34
3½ lbs. butter, at 35 cts	1.23
1½ doz. eggs	.60
11 half pt. jars light cream	.77
1 jar medium cream	.10
2 cottage cheeses	.10
½ lb. full cream cheese	.11
Coffee and flour	.60
Sugar and crackers	.37
Canned fruit	.20
Finnan haddie	.18
Potatoes	.10
Cereal	.08
Spices and salt	.02
Baking powder	.03
Pickles	.04
Corn meal	.02
Shredded wheat	.04
1 doz. bananas	.20
1 pt. oysters	.20
Jelly	.05
1½ lbs. forequarter chops	.18
Vegetables	.10
Apples and codfish	.12
1½ lbs. smelts	.30
Salt pork and lard	.13
Tomatoes and gelatin	.18
1 lb. sausages	.15
3 yeast cakes	.06
Beans and molasses	.12
Rye meal	.01
4 lbs. chicken	.80
1 qt. cranberries	.12
Cocoa	.02
Grapes and rice	.18
Maple syrup and celery	.22
Lettuce and oil	.15
Vinegar and grape juice	.06
2 lbs. lower round	.30
1 doz. ears corn	.15
Tapioca	.01
Tomato and graham flour	.02
1 lb. swordfish	.15
¼ lb. bacon	.04
Chocolate and vanilla	.06
Total for week	$10.01
Total for month	$33.32

Lowering the Cost

September 1-8

Coffee	$0.28
7 jars light cream	.49
1 cottage cheese	.05
1 lb. dates	.10
Use potato soup, 2 cts., in place of oyster, 20 cts.	.18
Jelly	.12
Maple syrup	.05
Nuts	.02
Raisins	.01
Chocolate	.03
Total for week	$1.33

September 8-15

Coffee	$0.28
7 jars light cream	.49
Pickles	.04
Jelly	.10
Chili sauce	.04
2 cantaloupes	.25
Total for week	$1.20

September 15-22

7 jars light cream	$0.49
1 jar medium cream	.10
Coffee	.28
Pickles	.04
Jelly	.08
Chili sauce	.04
Use cabbage, 10 cts., in place of brussels sprouts, 25 cts.	.15
Use 1 lb. swordfish, 15 cts., in place of smelts, 30 cts.	.15
Total for week	$1.33

September 22-30

1 lb. coffee	$0.35
9 jars light cream	.63
1 cottage cheese	.05
Pickles	.04
Jelly	.05
Maple syrup	.10
Chocolate	.03
Use apples, 5 cts., in place of canned fruit, 20 cts.	.15
Use macaroni with cheese, 5 cts., in place of scalloped oysters, 25 cts.	.20
Total for week	$1.60
Total for month	$5.46

Children's School Luncheons

In preparing school luncheons have everything dainty. Parafine paper, or a piece of cheese cloth wrung out of cold water, will wrap the sandwiches and keep them from drying. Cream Hood's butter and stir into it chopped peanuts or walnuts, and use for spreading the bread. Chopped parsley added to Hood's butter creamed will make a good sandwich. Use as a sandwich filling, chopped dates or figs stewed until soft, or use bread and butter sandwiches, and figs or dates. The figs and dates should always be wiped with a piece of dampened cheese cloth. For a change serve a banana and cookies. The banana for the child should be thoroughly ripened, having black seeds.

The cookies should be simple and home prepared.

About ¼ cup shelled nuts, either walnuts or peanuts, will make a change with the banana.

Entire wheat or oatmeal bread is better than white bread, and should be at least 24 hours old.

Avoid cut cake, as it crumbles easily. Cake may also spoil the appetite for dinner.

It is said "learning to eat proper things in a proper way forms a large part of a child's early education. If careful training in these matters is begun at the outset and continued, the results will well repay the time and effort required."

Month of October

IN THE APPLE ORCHARD

OSTO
PUBLI
LIBRA

THE WASTE OF FOOD

Written for DAILY LIVING

By

MRS. MARY J. LINCOLN, Author of the Boston Cook Book

Of the many ways in which food is wasted, the throwing away of "left overs" is the most common, and the one most frequently discussed and condemned. But there are many other ways which it is equally important to consider, that we may learn how to avoid them.

First: Food is wasted in its selection.

From ignorance of food composition, purity and nutritive value, we select foods not suited to our individual needs, or those which are harmful because of adulteration or deterioration, or which have little nutriment in proportion to their cost.

From pretension we desire as expensive food as that of our rich neighbor and select the choicest meats, game and poultry and the most costly novelties, thus making our food bills greatly in excess of their proper proportion of our income.

From lack of self-control we indulge our appetite and buy foods out of season, getting frequently much less of value than when they are in season; or we buy food that is indigestible and therefore wasted in the body because not assimilated.

From lack of judgment (which might be acquired by observation and concentration) we buy at wholesale to save a few cents, when our storage facilities are unsuited

to large amounts; or we buy in quantities much too large for our family, thereby having needless left-overs; or we buy new and perishable material before that we have at hand has been utilized.

Second: We waste food in its preparation by not using much that is nutritive if rightly prepared; by thick paring of fruits and vegetables; by discarding bones and fat of meat and skin and feet of poultry and the water in which certain foods have been boiled; by baking and broiling foods that should be stewed; by unsuitable combinations that check rather than incite the appetite; by inaccurate measurements that produce uncertain results, if not direct failure; and by careless, slovenly handling and serving, and unclean utensils, making the food unattractive and so unpalatable that it is refused. Gritty fruits, vegetables and salads, greasy soups and gravies, and foreign substances in minced mixtures, illustrate this form of wasted food.

Third: We waste food by lack of care in its keeping.

Materials kept in storage in pantry or ice box spoil because of heat, or cold, or moisture, or contamination; they are spilled from torn bags or broken cartons, or by careless measuring; and are lost by evaporation. Meals become alive or musty, and crackers and stale bread bits rancid or mouldy; extracts and coffee lose their strength if not airtight, and canned goods become poisonous if kept in the tins after being opened.

Perishable materials are wasted by too long keeping.

After a meal all portions of food should be carefully examined, assorted, and put away in strong, common dishes suited to the amount, and in cold or dry places according to their nature, and then be utilized the next day or meal if possible. Scraps of meat, bone, vegetable, fish and fruit may be used in soups, made dishes or salads; use bread for toast, crumbs, pudding or stuffing; use milk and cream (letting them sour quickly if preferred) in batters, salad dressing and cottage cheese;

drain and save the coffee and use in cake in place of milk, or in mince pies, puddings, jellies and frozen dishes; and thus, with careful planning to have just enough of the perishable and a reserve of the foods that may be stored, nothing of value need be thrown away. But remember that food suitable for hens or dogs is not wasted when given to them; and that sometimes it is a waste of new material to combine it with the old, in an unappetizing way, merely to save a left over.

Fourth: We waste food by experiments with novel recipes, often found in print, but which are incorrect in their proportions and methods; by serving too many courses when we entertain, and, too often, at our family tables, forgetting that it is "variation, not variety" that we need in our daily menus. By mistaken kindness we waste time as well as food, in concocting all sorts of dishes to tempt the appetite of our invalid friends, when frequently they need most to return, for a time, to the simple but perfect food of pure milk, taken hot or cold, as directed by their physician, and which the most rebellious digestion may usually be trained to accept. With the needed amount of rest and sleep secured, a milk diet will prove to be "tired nature's sweet restorer."

Lastly: We waste food by our own indulgence in it in quantities greater than is required for our immediate need; or at times when fatigue or anxiety retard its digestion; or by eating that which, from its nature or the changes made by wrong cooking, is unsuited to our individual powers of assimilation.

Oct. 22, 1908.
BOSTON, MASS.

October 1

Breakfast

Oat Cereal

Creamed Potatoes Graham Muffins

Coffee

Luncheon or Supper

Oyster Soup Crackers

Cottage Pudding Foamy Sauce

Dinner

Baked Haddock

Baked Onions Boiled Potatoes

Butter Gravy Indian Tapioca Pudding

October 2

Breakfast

Wheat Cereal

Hashed Potatoes Oven Broiled Bacon

Coffee

Dinner or Luncheon

Scalloped Fish Fried Biscuit Pear Marmalade

Dinner or Supper

Beans Baked with Onion Steamed Graham Bread

Pickles Caramel Custard

October 3

Breakfast

Fish Balls Toasted Bread

Grapes Coffee

Dinner

Chicken Southern Style

String Beans Mashed Potatoes

Apple Pie with Ice Cream

Tea

Creamy Welsh Rarebit Crackers

October 4

Breakfast

Oat Cereal Fried Potato Cakes
Eggs Scrambled with Tomato Coffee

Luncheon or Supper

Reheated Baked Beans Toasted Brown Bread
Spiced Grapes Molasses Cookies

Dinner

Chicken Stew with Dumplings
String Bean and Pepper Salad French Dressing
Crackers

October 5

Breakfast

Shredded Wheat Biscuit
Bananas Corn Muffins
Coffee

Luncheon or Supper

Canned Peppers with Creole Rice
Hot Biscuit Cheese and Jelly
Crackers

Dinner

Fricassee of Lamb Boiled Potatoes
Dressed Lettuce
Baked Apples with Meringue Boiled Custard

October 6

Breakfast

Oat Cereal Toasted Bread
Creamed Codfish and Potatoes Coffee

Luncheon or Supper

Macaroni Baked with Cheese
Bread and Butter Molasses Cookies
Baked Apples

Dinner

Scotch Broth
Banana Pudding Boiled Custard

October 7

Breakfast

Oat Cereal Griddle Cakes
Maple Syrup Coffee

Luncheon or Supper

Turnip Cream Soup Cheese Croutons
Molasses Cookies Apple Sauce

Dinner

Baked Smelts Tomato Sauce
French Fried Potatoes
Custard Sauce Steamed Pudding

October 8

Breakfast

Oat Cereal Omelet
Toasted Bread Coffee

Luncheon or Supper

Cream Fish Soup Baking Powder Biscuit
Blushing Apples Whipped Cream

Dinner

Fresh Cod Croquettes
White Sauce Shredded Potatoes
Apple Dumplings Molasses Sauce

October 9

Breakfast

Oat Cereal Milk Toast Coffee

Dinner or Luncheon

Broiled Tripe Tomato Sauce
Hot Biscuit Jellied Prunes
Whipped Cream

Dinner or Supper

Baked Beans
Brown Bread Chili Sauce
Yellow and White Custards

October 10

Breakfast

Stewed Prunes

Reheated Baked Beans Reheated Brown Bread

Coffee

Dinner

Pot Roast Mashed Potatoes Gravy

Grape Juice Ice Cream

Tea

Baked Apples Toasted Bread Cocoa

October 11

Breakfast

Oat Cereal

Fried Potato Cakes Creamed Scrambled Eggs

Coffee

Luncheon or Supper

Baked Bean Cream Soup

Crisp Crackers Cheese and Jelly

Dinner

Pot Roast Reheated Sweet Potato Croquettes

Rice Cream

October 12

Breakfast

Shredded Wheat Biscuit

Bananas Rye Muffins

Coffee

Luncheon or Supper

Meat and Beet Hash Hot Biscuit Buttermilk Doughnuts

Dinner

Broiled Mackerel Sliced Tomatoes

French Fried Potatoes

Baked Apples Bread and Butter

October 13

Breakfast

Oat Cereal Creamed Codfish
Toasted Bread Doughnuts
Coffee

Luncheon or Supper

Welsh Rarebit Crackers
Apple and Lettuce Salad
French Dressing Tea Muffins

Dinner

Broiled Liver and Bacon Boiled Sweet Potatoes
Baked Bananas Bread and Butter

October 14

Breakfast

Oat Cereal Broiled Sweet Potatoes
Doughnuts Coffee

Luncheon or Supper

Potato Soup
Banana and Green Pepper Salad
French Dressing Baking Powder Biscuit

Dinner

Boiled Halibut
Boiled Potatoes White Sauce
Apple Pie

October 15

Breakfast

Wheat Cereal Corn Cake
Eggs Scrambled with Tomato
Coffee

Luncheon or Supper

Creamed Fish in Baked Potatoes
Bread and Butter Stewed Figs with Nuts
Light Cream

Dinner

Cod Stuffed with Oysters
Tomato Sauce Boiled Potatoes
Chocolate Bread Pudding Hard Sauce

October 16

Breakfast

Oat Cereal Milk Toast Coffee

Dinner or Luncheon

Roasted Lamb Chops Lyonnaise Potatoes
Hot Biscuit Apple Tarts

Dinner or Supper

Beans Baked with Tomato Steamed Graham Bread
Squash Pie

October 17

Breakfast

Reheated Baked Beans Reheated Brown Bread
Coffee Grapes

Dinner

Stuffed Lamb
Mint Sauce Gravy
Roast Potatoes Cauliflower
Frozen Whipped Cream

Tea

Baked Apples Crackers Hood's Milk

October 18

Breakfast

Wheat Cereal
Reheated Baked Beans Toasted Brown Bread
Coffee

Luncheon or Supper

Cauliflower and Beet Salad
Boiled Dressing Stewed Grapes
Toasted English Muffins

Dinner

Lamb and Rice Stew Steamed Cottage Pudding
Custard Sauce

October 19

Breakfast

Oat Cereal
Broiled Codfish Baked Potatoes
Coffee

Luncheon or Supper

Potato Soup Hot Biscuit Cheese and Jelly

Dinner

Cold Stuffed Lamb
Potato Croquettes Dressed Lettuce
Apple Tapioca Pudding

October 20

Breakfast

Oat Cereal Omelet
White Sauce
Toasted Bread Coffee

Luncheon or Supper

Macaroni Baked with Cheese Baked Pears in Casserole
Toasted English Muffins

Dinner

Lamb and Green Pea Stew
Boiled Potatoes Indian Pudding

October 21

Breakfast

Oat Cereal Coffee
Creamed Potatoes Rye Muffins

Luncheon or Supper

Welsh Rarebit Toast Canned Fruit
Hot Gingerbread

Dinner

Fish Chowder Pickles Lemon Pie Meringue

October 22

Breakfast

Oat Cereal

Griddle Cakes Maple Syrup

Coffee

Luncheon or Supper

Scalloped Fish

Entire Wheat Baking Powder Biscuit

Ginger Cakes Whipped Cream

Dinner

Baked Fillets of Halibut

White Sauce Buttered Potatoes

Apple Pie with Foamy Sauce

October 23

Breakfast

Oat Cereal

Creamed Potatoes Scrambled Eggs

Coffee

Dinner or Luncheon

Casserole of Veal Hot Biscuit

Boiled Squash Prune Pie

Dinner or Supper

Baked Beans Brown Bread Chili Sauce

Baked Custards with Nuts

October 24

Breakfast

Reheated Baked Beans Reheated Brown Bread

Stewed Prunes Coffee

Dinner

Roast Chicken

Stuffing Gravy Cranberry Jelly

Mashed Potatoes Milk Sherbet

Tea

Milk Sherbet Shewsbury Cakes

October 25

Breakfast

Wheat Cereal
Reheated Baked Beans — Toasted Brown Bread
Coffee

Luncheon or Supper

Creamed Chicken with Green Peppers
Cheese and Jelly — Shewsbury Cakes

Dinner

Breaded Pork Chops
Cranberry Jelly — Boiled Potatoes
Sea Moss Blanc Mange

October 26

Breakfast

Wheat Cereal
Hashed Brown Potatoes — Oven Broiled Bacon
Coffee

Luncheon or Supper

Cauliflower with Hollandaise Sauce
Hot Biscuit — Shewsbury Cakes

Dinner

Cod Steak with Cheese — French Fried Potatoes
Indian Pudding

October 27

Breakfast

Oat Cereal — Milk Toast — Coffee

Luncheon or Supper

Lima Bean Salad — French Dressing
Baking Powder Biscuit — Canned Fruit

Dinner

Scotch Broth — Peach Fritters
Custard Sauce

October 28

Breakfast

Wheat Cereal
Creamed Scrambled Eggs
Toasted Bread Coffee

Luncheon or Supper

Creole Soup Cheese Croutons
Baked Apples
Butter Cake Fig Filling

Dinner

Fricassee of Lamb
Boiled Potatoes Lettuce with Vinegar
Chocolate Whipped Cream Frozen

October 29

Breakfast

Wheat Cereal Creamed Potatoes
Corn Cake Coffee

Luncheon or Supper

Macaroni Baked with Cheese
Pear Marmalade Cake

Dinner

Clam Chowder Pickles
Steamed Apple Pudding
Molasses Sauce

October 30

Breakfast

Oat Cereal
Creamed Codfish Toasted Bread
Coffee

Luncheon or Dinner

English Beef Soup
Hot Biscuit Apple Pie

Dinner or Supper

Baked Beans Brown Bread
Chili Sauce Cake

October 31

Breakfast

Reheated Baked Beans Reheated Brown Bread
Coffee Grapes

Dinner

Fowl Southern Style
Cauliflower Mashed Potatoes
Vanilla Ice Cream Chocolate Sauce

Tea

Toasted Bread
Baked Apples Sugar Cookies
Tea

A Perfect Milk is a Perfect Food

"Do not blame the milkman for sour milk unless you are sure that the trouble is not in your home. He is sometimes to blame, but not always."

State Board of Agriculture, Nature Leaflet No. 40.

October 1

Oat Cereal. Refer to November 4.

Creamed Potatoes. Refer to November 4.

Graham Muffins. Refer to November 3.

Coffee. Refer to November 1.

Oyster Soup

Scald 1 quart Hood's milk with 1 slice onion, 2 cloves and a bit of bay leaf. Pick over and parboil 1 pint oysters, remove the seasonings from the milk, and add the parboiled oysters. Melt 2 tablespoons Hood's butter, add 2 tablespoons flour, and stir into the milk mixture, season with salt and pepper.

Cottage Pudding. Refer to May 14.

Foamy Sauce. Refer to February 23.

Baked Haddock. Refer to November 13.

Baked Onions. Refer to November 13.

Boiled Potatoes. Refer to November 3.

Butter Gravy. Refer to November 3.

Indian Tapioca Pudding

Use 2 tablespoons each corn meal and minute tapioca, and prepare as Indian pudding, refer to November 5.

October 2

Wheat Cereal. Refer to November 2.

Hashed Potatoes. Refer to August 20.

Oven Broiled Bacon. Refer to December 3.

Coffee. Refer to November 1.

Scalloped Fish. Refer to Novembor 11.

Fried Biscuit. Refer to January 12.

Pear Marmalade

Pare, quarter, core, and cut in thin slices 3 quarts hard pears. Add 4 cups sugar and ½ cup candied ginger cut in small pieces. Let stand over night. In the morning add 4 lemons cut in small pieces and cook slowly 3 hours.

Beans Baked with Onion. Refer to June 27.

Steamed Graham Bread. Refer to January 2.

Pickles. Prepared September 9.

Caramel Custards. Refer to February 27.

October 3

Fish Balls. Refer to November 8.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Chicken Southern Style. Refer to November 1.

String Beans. Refer to July 25.

Mashed Potatoes. Refer to November 1.

Apple Pie with Ice Cream

Prepare apple pie, refer to January 11. Serve hot with vanilla ice cream, refer to November 1.

Creamy Welsh Rarebit. Refer to March 28.

October 4

Oat Cereal. Refer to November 4.

Fried Potato Cakes. Refer to November 2.

Eggs Scrambled with Tomato
Refer to November 3.

Coffee. Refer to November 1.

Reheated Baked Beans. Refer to November 1.

Toasted Brown Bread. Refer to November 2.

Spiced Grapes
Prepare stewed grapes, refer to September 27. Add with the sugar ¼ teaspoon each clove and sugar.

Molasses Cookies
Refer to December 15.

Chicken Stew with Dumplings
Refer to December 21.

String Bean and Green Pepper Salad
Remove the seeds and veins from 2 canned peppers. Parboil 5 minutes, drain, cool and cut in strips. Add to string bean salad, refer to April 7.

French Dressing
Refer to November 7.

October 5

Shredded Wheat Biscuit. Refer to March 20.

Corn Muffins. Refer to December 16.

Coffee. Refer to November 1.

Canned Peppers with Creole Rice

Refer to May 16. Prepare the peppers as stuffed green peppers, refer to May 26.

Canned Peppers

Cut the stem and cut an inch gash in the side of each pepper. Put into jar and cover with boiling vinegar. It is not necessary to seal the jar.

Cheese and Jelly. Refer to November 5.

Hot Biscuit. Refer to November 7.

Fricassee of Lamb. Refer to November 12.

Boiled Potatoes. Refer to November 3.

Dressed Lettuce. Refer to November 9.

Baked Apples with Meringue

Refer to September 11.

Boiled Custard

Refer to March 3.

October 6

Oat Cereal. Refer to November 4.

Toasted Bread. Refer to November 1.

Creamed Codfish and Potatoes

Refer to March 27.

Coffee

Refer to November 1.

Macaroni Baked with Cheese

Refer to August 28.

Molasses Cookies. Prepared October 5.

Baked Apples. Refer to November 1.

Scotch Broth. Refer to November 11.

Banana Pudding. Refer to March 3.

Boiled Custard. Prepared October 5.

October 7

Oat Cereal. Refer to November 4.

Griddle Cakes. Refer to January 1.

Coffee. Refer to November 1.

Turnip Cream Soup. Refer to November 12.

Cheese Croutons. Refer to February 3.

Molasses Cookies. Prepared October 5.

Apple Sauce. Refer to December 12.

Baked Smelts. Refer to January 15.

Tomato Sauce. Refer to December 12.

French Fried Potatoes. Refer to January 5.

Custard Sauce. Refer to November 2.

Steamed Pudding. Refer to November 2.

October 8

Oat Cereal. Refer to November 4.

Coffee. Refer to November 1.

Omelet. Refer to December 5.

Toasted Bread. Refer to November 1.

Cream Fish Soup. Refer to March 31.

Baking Powder Biscuit. Refer to November 2.

Blushing Apples. Refer to December 20.

Whipped Cream. Refer to November 4.

Fresh Codfish Croquettes

Order 2 lbs. cod steak and cook as cod boiled in milk, refer to March 30. Then proceed as for fish croquettes, refer to December 19.

White Sauce. Refer to November 6.

Shredded Potatoes. Refer to February 12.

Apple Dumplings. Refer to November 4.

Molasses Sauce. Refer to December 30.

October 9

Oat Cereal. Refer to November 4.

Milk Toast. Refer to December 27.

Coffee. Refer to November 1.

Broiled Tripe. Refer to January 21.

Tomato Sauce. Refer to December 12.

Hot Biscuit. Refer to November 7.

Whipped Cream. Refer to November 4.

Jellied Prunes. Refer to December 5.

Baked Beans. Refer to November 7.

Brown Bread. Refer to November 7.

Chili Sauce. Prepared September 11.

Yellow and White Custards

Separate 3 of Hood's eggs; beat the whites slightly, add ¼ cup sugar, few grains salt, ¼ teaspoon vanilla and 1 cup Hood's milk. Turn into 4 cups and bake as baked custards, refer to November 7. Prepare a boiled custard, refer to March 3, using the yolks of the eggs, 1 cup Hood's milk, ¼ cup sugar, a few grains salt and ¼ teaspoon vanilla. When cold, remove the white custards from the moulds, put on serving dish and pour the yellow custard around the white custard.

October 10

Stewed Prunes. Refer to December 4.

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Pot Roast. Refer to December 6.

Mashed Potatoes. Refer to November 1.

Grape Juice Ice Cream

Mix 1 cup grape juice and 1 pint Hood's light cream, sweeten to taste and freeze, using 3 parts ice to 1 part salt.

Baked Apples. Refer to November 1.

Toasted Bread. Refer to November 1.

Cocoa. Refer to December 13.

October 11

Oat Cereal. Refer to November 4.

Fried Potato Cakes. Refer to November 2.

Creamed Scrambled Eggs. Refer to December 2.

Coffee. Refer to November 1.

Baked Bean Cream Soup. Refer to December 7.

Crisp Crackers. Refer to December 23.

Cheese and Jelly. Refer to November 5.

Pot Roast Reheated

Cut pot roast in slices, put in saucepan, pour over the remaining gravy with the vegetables. Cover, and reheat in a moderate oven about ¾ of an hour.

Sweet Potato Croquettes

Use sweet potatoes in place of white potatoes, and prepare as potato croquettes, refer to December 7.

Rice Cream. Refer to August 17.

October 12

Shredded Wheat Biscuit. Refer to March 20.

Rye Muffins. Refer to November 7.

Coffee. Refer to November 1.

Meat and Beet Hash

Refer to tongue and beet hash, July 20.

Hot Biscuit

Refer to November 7.

Buttermilk Doughnuts. Refer to February 6.

Broiled Mackerel. Refer to June 24.

Sliced Tomatoes. Refer to August 13.

French Fried Potatoes. Refer to January 5.

Baked Apples. Refer to November 1.

October 13

Oat Cereal. Refer to November 4.

Creamed Codfish. Refer to November 6.

Toasted Bread. Refer to November 1.

Doughnuts. Prepared October 12.

Coffee. Refer to November 1.

Welsh Rarebit. Refer to November 8.

Apple and Lettuce Salad. Refer to November 7.

French Dressing. Refer to November 7.

Tea Muffins. Refer to May 20.

Broiled Liver and Bacon

Pour boiling water over 1 pound liver, let stand 5 minutes, then drain. Cook ¼ pound bacon as oven broiled bacon, refer to December 3. Use the bacon fat for pan broiling the liver, cooking slowly until well browned on both sides. Season with salt and serve the liver and bacon together.

Boiled Sweet Potatoes

Scrub the potatoes and cook in boiling salted water without paring. When soft, drain and peel.

Baked Bananas. Refer to January 30.

October 14

Oat Cereal. Refer to November 4.

Broiled Sweet Potatoes. Refer to December 19.

Doughnuts. Prepared October 12.

Coffee. Refer to November 1.

Potato Soup. Refer to January 16.

Banana and Green Pepper Salad

Use 4 bananas sliced in place of string beans and prepare as string bean and green pepper salad, refer to October 4.

French Dressing. Refer to November 7.

Baking Powder Biscuit. Refer to November 2.

Boiled Halibut. Refer to November 6.

Boiled Potatoes. Refer to November 3.

White Sauce. Refer to November 6.

Apple Pie. Refer to January 11.

October 15

Wheat Cereal. Refer to November 2.

Corn Cake. Refer to December 1.

Eggs Scrambled with Tomato

Refer to November 3.

Coffee

Refer to November 1.

Creamed Fish in Baked Potatoes

Refer to November 4.

Stewed Figs with Nuts

Add ¼ cup walnuts cut in pieces to figs and prepare as stewed figs, refer to November 17. Serve with Hood's light cream.

Cod Stuffed with Oysters. Refer to April 30.

Tomato Sauce. Refer to December 12.

Boiled Potatoes. Refer to November 3.

Chocolate Bread Pudding. Refer to December 18.

Hard Sauce. Refer to November 4.

October 16

Oat Cereal. Refer to November 4.

Milk Toast. Refer to December 27.

Coffee. Refer to November 1.

Roasted Lamb Chops

Order chops left whole, and the bone between each chop cracked. Season with salt and roast about ½ hour.

Lyonnaise Potatoes. Refer to April 24.

Hot Biscuit. Refer to November 7.

Apple Tarts. Refer to August 3.

Beans Baked with Tomato. Refer to January 16.

Steamed Graham Bread. Refer to January 2.

Squash Pie. Refer to November 14.

October 17

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Stuffed Lamb

Order the leg of lamb boned, and stuff with stuffing prepared as for stuffed rolled roast, refer to November 18. Proceed as for roast lamb, refer to November 22.

Mint Sauce. Refer to March 15.

Gravy. Refer to November 8.

Roast Potatoes. Refer to November 22.

Cauliflower. Refer to November 1.

Frozen Whipped Cream. Refer to August 14.

Baked Apples. Refer to November 1.

October 18

Wheat Cereal. Refer to November 2.

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Cauliflower and Beet Salad

Use left over cauliflower in place of potatoes and proceed as for potato and beet salad, refer to May 29. Serve with

Boiled Dressing. Refer to November 2.

Stewed Grapes. Refer to September 27.

Toasted English Muffins. Refer to January 28.

Lamb and Rice Stew

Cook the flank piece of lamb in boiling water until tender. Remove the meat, cut from the bones, and add the pieces of meat to the stock in which the lamb was cooked. Add 1 cup canned tomatoes, ¼ cup washed rice and season with salt. Cook until the rice is soft.

Steamed Cottage Pudding. Refer to April 26.

Custard Sauce. Refer to November 2.

October 19

Oat Cereal. Refer to November 4.

Broiled Codfish. Refer to June 4.

Baked Potatoes. Refer to November 4.

Coffee. Refer to November 1.

Potato Soup. Refer to January 16.

Hot Biscuit. Refer to November 7.

Cheese and Jelly. Refer to November 5.

Cold Stuffed Lamb. Prepared October 17.

Potato Croquettes. Refer to December 7.

Dressed Lettuce. Refer to November 9.

Apple Tapioca Pudding. Refer to January 4.

October 20

Oat Cereal. Refer to November 4.

Omelet. Refer to December 5.

White Sauce. Refer to November 6.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Macaroni Baked with Cheese
Refer to August 28.

Baked Pears in Casserole
Use pears in place of apples, and prepare as apples baked in casserole, refer to January 10.

Toasted English Muffins
Prepared October 18.

Lamb and Green Pea Stew
Refer to February 16.

Boiled Potatoes. Refer to November 3.

Indian Pudding. Refer to November 5.

October 21

Oat Cereal. Refer to November 4.

Coffee. Refer to November 1.

Creamed Potatoes. Refer to November 4.

Rye Muffins. Refer to November 7.

Creamy Welsh Rarebit on Toast

Prepare Welsh rarebit, omitting the egg, refer to November 8. Toast the bread on one side and pour the rarebit over the untoasted side.

Hot Gingerbread. Refer to November 3.

Fish Chowder. Refer to December 4.

Pickles. Prepared September 9.

Lemon Pie. Refer to March 10.

Meringue. Refer to March 10.

October 22

Oat Cereal. Refer to November 4.

Griddle Cakes. Refer to January 1.

Coffee. Refer to November

Scalloped Fish. Refer to November 11.

Entire Wheat Baking Powder Biscuit

Refer to April 7.

Ginger Cakes. Refer to November 3.

Whipped Cream. Refer to November 4.

Baked Fillets of Halibut. Refer to November 25.

White Sauce. Refer to November 6.

Buttered Potatoes. Refer to January 19.

Apple Pie with Foamy Sauce

Prepare one crust apple pie, refer to July 31. Serve with foamy sauce, refer to February 23.

October 23

Oat Cereal. Refer to November 4.

Creamed Potatoes. Refer to November 4.

Scrambled Eggs. Refer to November 4.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Casserole of Stuffed Veal. Refer to May 5.

Hot Biscuit. Refer to November 7.

Boiled Squash. Refer to November 12.

Prune Pie. Refer to March 26.

Baked Beans. Refer to November 7.

Brown Bread. Refer to November 7.

Chili Sauce. Prepared September 11.

Baked Custards with Nuts

Add ⅓ cup walnut meats broken in pieces to sugar and eggs, and prepare as baked custards, refer to November 7.

October 24

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Stewed Prunes. Refer to December 4.

Coffee. Refer to November 1.

Roast Chicken. Refer to November 8.

Stuffing. Refer to November 8.

Cranberry Jelly. Refer to September 26.

Mashed Potatoes. Refer to November 1.

Milk Sherbet. Refer to November 8.

Shewsbury Cakes

Cream ½ cup Hood's butter, add ⅔ cup sugar gradually; then add 1 of Hood's eggs well beaten. Mix 1 cup flour with a few gratings nutmeg and add to the first mixture. Chill, then roll out ¼ inch in thickness. Shape as cookies and bake on an inverted pan in a moderate oven.

October 25

Wheat Cereal. Refer to November 2.

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Creamed Chicken with Green Pepper

Add 1 canned green pepper cut fine, having the seeds removed, to creamed chicken on toast, refer to February 8.

Cheese and Jelly. Refer to November 5.

Shewsbury Cakes. Prepared October 24.

Breaded Pork Chops

Use 1½ lbs. pork chops in place of lamb and prepare as breaded lamb chops, refer to December 12.

Cranberry Jelly

Prepared October 24.

Boiled Potatoes. Refer to November 3.

Irish Moss Blanc Mange. Refer to February 10.

October 26

Wheat Cereal. Refer to November 2.

Hashed Brown Potatoes. Refer to December 24.

Oven Broiled Bacon. Refer to December 3.

Coffee. Refer to November 1.

Cauliflower with Hollandaise Sauce

Prepare cauliflower, refer to November 1, and serve with Hollandaise sauce, refer to July 23.

Hot Biscuit. Refer to November 7.

Shewsbury Cakes. Prepared October 24.

Cod Steak with Cheese

Use 1½ lbs. cod steak in place of halibut and prepare as halibut baked with cheese, refer to December 15.

French Fried Potatoes. Refer to January 5.

Indian Pudding. Refer to November 5.

October 27

Oat Cereal. Refer to November 4.

Milk Toast. Refer to December 27.

Coffee. Refer to November 1.

Lima Bean Salad

Soak 1 cup lima beans over night. In the morning, drain and cook in boiling salted water until soft. Drain, cool, and serve on lettuce leaves with

French Dressing. Refer to November 7.

Baking Powder Biscuit. Refer to November 2.

Scotch Broth. Refer to November 11.

Custard Sauce. Refer to November 2.

October 28

Wheat Cereal. Refer to November 2.

Creamed Scrambled Eggs. Refer to December 2.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

Creole Soup

Add 1 pint canned tomato, 1 canned green pepper, 1 small onion cut fine, to 1 pint left over stock. Cook 15 minutes, strain and thicken, using 2 tablespoons each flour and Hood's butter. Season with salt and pepper.

Cheese Croutons. Refer to February 3.

Baked Apples. Refer to November 1.

Butter Cake. Refer to November 11.

Fig Filling

Wipe and cut in small pieces ½ lb. figs. Cook in the double boiler with a small quantity of water until tender. Sweeten to taste.

Fricassee of Lamb. Refer to November 12.

Boiled Potatoes. Refer to November 3.

Lettuce with Vinegar. Refer to August 21.

Chocolate Whipped Cream Frozen

Melt 1 square chocolate, dilute with boiling water to make a liquid, then cool. Add to 1 cup Hood's medium cream beaten stiff, then add ½ cup sugar, and let stand packed in equal parts ice and salt 2 hours.

October 29

Wheat Cereal. Refer to November 2.

Creamed Potatoes. Refer to November 4.

Corn Cake. Refer to December 1.

Coffee. Refer to November 1.

Macaroni Baked with Cheese

Refer to December 24.

Pear Marmalade. Prepared October 2.

Cake. Prepared October 28.

Clam Chowder. Refer to January 1.

Pickles. Prepared September 9.

Steamed Apple Pudding. Refer to January 13.

Molasses Sauce. Refer to December 30.

October 30

Oat Cereal. Refer to November 4.

Creamed Codfish. Refer to November 6.

Toasted Bread. Refer to November 1.

Coffee. Refer to November 1.

English Beef Soup. Refer to December 29.

Hot Biscuit. Refer to November 7.

Apple Pie. Refer to January 11.

Baked Beans. Refer to November 7.

Brown Bread. Refer to November 7.

Chili Sauce. Prepared September 11.

Cake. Prepared October 28.

October 31

Reheated Baked Beans. Refer to November 1.

Reheated Brown Bread. Refer to November 1.

Coffee. Refer to November 1.

Fowl Southern Style. Refer to November 1.

Cauliflower. Refer to November 1.

Mashed Potatoes. Refer to November 1.

Vanilla Ice Cream. Refer to November 1.

Chocolate Sauce. Refer to November 1.

Toasted Bread. Refer to November 1.

Baked Apples. Refer to November 1.

Sugar Cookies. Refer to November 1.

Tea. Refer to November 1.

A Perfect Milk is a Perfect Food

Milk is admirably fitted to supplement the deficiencies of other articles of diet. Milk is the cheapest source of animal proteid, and proteid is the ingredient which, more than any other, is apt to be deficient in a mixed diet. Eight pennyworths of whole milk yield as much proteid as ten pennyworths of beef. But milk has the advantage over beef of containing a considerable amount of carbohydrate in addition to its proteid and fat, with the result that a quart of good milk is really equal in nutritive value to a pound of beefsteak. . . . Unfortunately, the prevailing tendency is to regard milk as a beverage rather than as a food. This is a great mistake, in proof of which one cannot do better than quote an extract from the valuable pamphlet on "Milk as Food" issued by the United States Department of Agriculture. . . . The following extract states succinctly the advantages which are obtained from the liberal use of milk in the dietary:—

"A very interesting experiment was recently made at the University of Wisconsin, in co-operation with this Department, in which the effect of a limited and unlimited amount of milk was tried at the University boarding-house, or 'commons.' From these studies the following conclusions were drawn:—

"'(1) The dietaries in which milk was more abundantly supplied were somewhat less costly than the others, and at the same time were fully as acceptable.

"'(2) The increased consumption of milk had the effect of materially increasing the proportion of proteid in the diet.

"'(3) The milk actually supplied the place of other food materials, and did not, as many suppose, simply furnish an additional amount of food without diminishing the quantity of other materials.

"'(4) The results indicate that milk should not be regarded as a luxury, but as an economical article of diet which families of moderate income may freely purchase as a probable means of improving the character of the diet and cheapening the cost of the supply of animal foods.'

"ROBERT HUTCHINSON, M.D., Edin., F.R.C.P.,

"*Assistant Physician to the London Hospital and to the Hospital for Sick Children, Great Ormand Street.*"

Cost of Living for October

October 1-8

13 qts. milk	$1.17
2½ lbs. butter, at 41 cts.	1.03
1 doz. eggs	.42
9 half pint jars light cream	.63
Cottage cheese	.05
Sugar	.18
Potatoes	.10
½ lb. cheese	.11
Flour and cereal	.26
Graham flour	.03
Coffee	.28
1 pt. oysters	.20
Crackers	.10
Spices and salt	.02
Baking powder	.03
4 lbs. haddock	.28
Vegetables	.05
Tapioca	.01
Indian meal	.02
¼ lb. bacon	.04
Crackers	.10
Lard	.08
Marmalade	.04
Beans and pork	.12
Molasses	.03
Pickles	.04
Codfish	.06
Grapes	.15
2 yeast cakes	.04
5 lbs. fowl	.75
2 qts. string beans	.12
Apples	.10
Ice and salt	.05
Vanilla	.03
Tomatoes	.03
Oil and vinegar	.11
Green peppers	.05
Lettuce	.05
Shredded wheat	.04
1 doz. bananas	.20
Jelly	.05
4 lbs. forequarter lamb	.48
Macaroni	.03
Maple syrup	.05
1½ lbs. smelts	.23
Total for week	$8.04

October 8-15

12 qts. milk	$1.08
2½ lbs. butter	1.03
1½ doz. eggs	.60
9 half pint jars light cream	.63
½ pt. jar medium cream	.10
½ lb. full cream cheese	.11
1 cottage cheese	.05
1 pt. buttermilk	.04
Coffee	.28
2 yeast cakes	.04
Flour and sugar	.38
Spices and salt	.02
Baking powder	.03
Apples	.10
Potatoes	.10
2 lbs. cod steak	.30
Lemon	.02
Lard	.10
Molasses	.04
Cereal	.08
1 lb. tripe	.12
Tomatoes, canned	.02
1 lb. prunes	.12
Beans and salt pork	.12
Rye meal	.02
Indian meal	.01
Chili sauce	.04
4 lbs. pot roast	.60
Grape juice	.05
Ice and salt	.05
Crackers and jelly	.15
Rice and vanilla	.04
Shredded wheat	.04
Bananas, 1 doz	.20
Beets	.03
Mackerel	.25
Tomatoes	.05
Codfish	.02
Lettuce and oil	.18
¼ lb. bacon	.04
Liver, 1 lb	.15
Vegetables	.05
2 green peppers	.01
Gelatin and vinegar	.05
1½ lbs. halibut	.30
Total for week	$7.84

October 15-22

13 quarts milk	$1.17
2½ lbs. butter, at 45 cts.	1.13
1½ doz. eggs	.63
7 jars light cream	.49
1 jar medium cream	.10
Cottage cheese	.05
½ lb. cheese	.11
Cereal	.08
Coffee	.28
Flour	.20
Spices and salt	.02
Sugar	.18
Baking powder	.03
Potatoes	.10
Apples	.10
Tomato, canned	.03
Cornmeal	.02
1½ lbs. cod steak	.23
½ pt. oysters	.10
Chocolate	.03
9 lbs. hindquarter lamb, at 12½ cts.	1.13
3 yeast cakes	.06
Graham flour	.02
Rye meal	.02
3 lbs. squash	.09
Lard	.10
Beans	.08
Pork	.06
Grapes	.15
Dried mint	.01
Cauliflower	.15
Ice and salt	.03
Crackers	.10
Beets and rice	.05
Codfish	.06
Vegetables	.05
Jelly	.05
Tapioca	.02
Macaroni	.03
Pears	.08
Can peas	.18
Molasses	.03
½ of 4 lbs. haddock, 28 cts.	.14
Nuts and canned fruit	.15
Pickles	.04
Lemon and cornstarch	.03
Total for week	$7.99

October 22-31

16 quarts milk	$1.45
3½ lbs. butter, at 45 cts.	1.61
12 half pt. jars light cream	.84
Jar medium cream	.10
1½ doz. eggs	.63
Cottage cheese	.05
½ lb. full cream cheese	.11
Cereal and coffee	.45
Maple syrup	.05
Flour and sugar	.44
Spices and salt	.02
Baking powder	.03
1 lb. halibut	.20
Potatoes and apples	.25
Lard and 1 lb. veal	.42
3 yeast cakes	.06
1 lb. prunes	.12
Beans and cornmeal	.19
Rye meal and salt pork	.10
Chili sauce and vanilla	.07
Nuts and 4 lbs. chicken	.83
Cranberries and 2 lemons	.14
Ice and salt	.13
Green pepper and jelly	.06
1½ lbs. pork chops	.23
Sea moss	.01
¼ lb. bacon	.04
Cauliflower and molasses	.17
1½ lbs. cod steak	.23
Lima beans and macaroni	.06
Lettuce and pickles	.12
Oil and vinegar	.07
4 lbs. forequarter lamb	.48
Pear marmalade	.04
Peaches	.05
Codfish	.02
Canned fruit	.10
Vegetables	.03
½ lb. figs	.08
Chocolate	.05
½ lb. lower round	.08
Grapes	.05
½ of 5 lbs. fowl, 90 cts.	.45
½ of cauliflower	.08
Tea	.02
Total for week	$10.79
Total for month	$34.66

Lowering the Cost

October 1-8

7 jars light cream	$0.49
Coffee	.28
Use potatoes, 1 ct., in place of oysters, 20 cts.	.19
Marmalade	.04
Pickles	.04
Jelly	.05
Maple syrup	.05
Use 1 lb. swordfish, 15 cts., in place of smelts, 23 cts.	.08
Total for week	$1.22

October 8-15

7 half pt. jars light cream	$0.49
Coffee	.28
Chili sauce	.04
Grapes	.15
Jelly	.05
Total for week	$1.01

October 15-22

7 half pt. jars light cream	$0.49
Coffee	.28
Oysters	.10
Chocolate from bread pudding	.03
Grapes	.15
Mint	.01
Jelly	.05
Use potatoes, 1 ct., in place of peas, 18 cts.	.17
Canned fruit, 10 cts., use apples, 2 cts.	.08
Pickles	.04
Total for week	$1.40

October 22-31

10 half pt. jars light cream	$0.70
1 lb. coffee	.35
Maple syrup	.05
Use 1 lb. lower round for meat balls, 15 cts., in place of veal, 35 cts.	.20
Chili sauce	.04
Nuts	.03
Green pepper	.01
Jelly	.05
Bacon	.04
Pickles	.05
Chocolate	.05
Canned fruit, 10 cts., use apples, 2 cts.	.08
Figs	.08
Pear marmalade	.04
Grapes	.05
Total for week	$1.82
Total for month	$5.45

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A Model Milk Supply and Its Cost

By JOHN HALE

By Courtesy New England Magazine

EVERY loving mother, and almost every intelligent housekeeper as well, understands the necessity of clean, hygienic milk.

But the conditions under which the milk supply of a great city is produced and handled are very different from those under which the dainty housewife secures the sweetness of perfect cleanliness within the sanctuary of her own home. And even there she is coming to realize that science is her best protector and friend. But to secure even approximate cleanliness in a great public milk supply requires a scientific knowledge, a practical training, and an indefatigable attention to detail that only enthusiastic devotion to an ideal could call forth.

A score of years ago the present president of the H. P. Hood & Sons Co. graduated from the Agricultural Department of Dartmouth College (now the New Hampshire State Agricultural College located at Durham). He had become that worker of miracles, an intelligent enthusiast, and his ideal was — *a perfect milk supply.*

Entering the firm, established forty years before by his father, Harvey P. Hood, Esq., which was even then a foremost distributor of milk in Greater Boston, he applied his scientific training to the practical daily needs of the business.

Thus, before Boards of Health had taken the matter up, before the United States Department of Agriculture had turned its attention to the subject, Mr. Hood began the practical demonstration of scientific principles in the distribution of milk. His firm thus became pioneers in the right methods of production and handling of this important food supply. They have also been the educators of the people into a knowledge of what they ought to demand, in justice to their own health and that of their children.

And much as has been written on the subject, popular education is still the prime need which every phase of the situation emphasizes anew. The public has yet to realize that "clean milk, regardless of price, is the cheapest variety to purchase." Says Prof. James O. Jordan, Inspector of Milk, Boston, Mass., "It is certain that until the public is brought to the point of demanding clean milk, and of being willing to pay for it, general supplies of this type of milk will be unobtainable."

A perfect milk is a perfect food. It is the balanced food — the one single article that contains all the elements of nutrition in nature's perfect combination.

Bread, beef, all other articles of common consumption are lacking in some essential element. Milk alone is a complete food. It is also

the cheapest food, furnishing the largest amount of nutriment at the least cost.

But alas! Milk is also the most easily contaminated of all articles of food. Every point in its production and delivery is a danger point. When people drink and feed their infant children on milk produced from a pasturage of city dumps, handled often by men whom they would not allow to cross the thresholds of their homes, and put up in a slovenly way in a filthy shed, they may congratulate themselves on the low price which they are paying, but it is safe to say that it is the costliest bit of economy in which they ever indulged.

Mr. Hood discovered at once that if he was to improve existing conditions he must begin at the very foundation, — the farm and the herd. The Hood milk is produced from the sweet, pure pasturage of the hills of New Hampshire, Vermont, and Maine, partly at the beautiful Hood Farm, at Derry, N. H., partly at other regularly inspected farms that the company only admits to its lists after the most rigid tests, employing for the purpose a force of scientific experts, including graduate veterinarians, who examine minutely everything pertaining to the farm, the herd, and the manner of handling the milk. Samples from each cow are sent to the laboratory and subjected to careful microscopic and chemical tests.

This process is in itself so instructive that the reader will be interested to learn more of it. The best way of doing this is to visit the company's laboratory in Charlestown, where a cordial welcome is always extended.

The most satisfactory test of the cleanliness of milk is the bacteriological test. For under uncleanly conditions the bacteria increase with enormous rapidity. The Massachusetts law requires as the standard of safety that a cubic centimeter of milk should contain not more than five hundred thousand bacteria. In the Hood laboratories the bacteria are actually counted and often reaches as low a figure as one hundred, while the firm are working toward an absolutely sterile milk.

The count is managed as follows: The milk is diluted in exact proportions, much after the manner practiced in the compounding of homœopathic medicines. When a dilution is obtained containing one part of milk to ten thousand of sterilized water a portion of the resulting liquid is mixed with beef extract, thickened with gelatin, to produce a "culture." This is allowed to stand at a temperature of blood heat for thirty-six hours. In that time each germ will develop about it a small colony appearing as spots on the glass disc containing the culture. These spots are easily counted with the naked eye. As each single germ may be depended upon to produce its colony under such favoring conditions, the number of these colonies multiplied by ten thousand gives the bacterial proportion of the milk. *This test is actually carried out in the Hood laboratories for every lot of milk sent out.* Additional tests are continually made of the product of individual cows whenever the slightest suspicion attaches to a herd. All this is done with costly apparatus by trained experts.

If the farm proves to be a sanitary one, well able to supply the cattle with healthful, nourishing foods; if the stable is well located on

dry land; if the dairy house is scrupulously clean; if a plentiful supply of ice is always on hand; if the breeds of cattle are up to the mark, and if the analysis of the milk shows purity, richness, and keeping quality, then, and only then, is the output considered.

A contract with the farmer to take all the milk which he produces follows. He in turn agrees to have his cattle and buildings and all implements used always open for the company's inspection. A score card, devised by Mr. Hood, and followed by the United States Department of Agriculture in their work, keeps a continuous record of each farm in all points essential to a perfect milk. This is a great safeguard, and one of the vital points of the system.

The pail used for the milking is one which has been devised by the Hoods, and is being urged upon the acceptance of the farmers. It strains the milk through absorbent cotton, both as it enters and as it leaves the pail, which is also perfectly protected from all atmospheric impurities.

The milk is then immediately cooled to a temperature of forty degrees, and carried as quickly as possible to the stations, where trains of refrigerator cars await it, and it is hurried at express speed to Greater Boston, where it is unloaded at the great milk depots of the firm.

The result of all this care and precaution is that every customer has delivered at his door daily, pure, rich, sweet, clean milk.

A very interesting part of the Hood plant is the exquisite room set apart for the production of a standardized milk for infant's use. This milk is a combination of specially selected milk and cream, to which is added in the proper quantities lime-water and milk sugar. It is put up in sealed six-ounce, sterilized bottles, eight to the box. This is known as modified milk, which is almost without exception prescribed by physicians for "bottle babies" under a year old.

Now it is obvious that all this costs a great deal of money. It is a very different thing from handling milk in the "any old way" of the past. That it is impossible to produce milk of a lower quality than this even, milk that will barely pass the public inspector's tests, at the prices that have become traditional, is the unanimous testimony of all who have tried it.

Milk at nine cents a quart is not only cheap, but it is too cheap for the maintenance of proper precautions of absolute safety and high quality.

It is a curious fact that the recent agitation against the "high" prices charged for milk in Boston resulted in a raising of that price in many of the better residence districts. Why? Because the agitation brought out the facts, and intelligent people awoke to demand the kind of economy that they ought to have, the only true economy, good milk at a practicable cost.

It must appeal to every intelligent housekeeper that the price-basis for such an article must include the cost of perfect hygienic protection.

As to the farm itself, a visit tells the story better than any description that we could pen. The moment the wayfarer strikes the winding roadway that leads up to the old homestead he becomes milk hungry.

H. P. HOOD & SONS

SANITARY INSPECTION OF DAIRIES

DAIRY SCORE CARD

Adopted by the official Dairy Instructors' Association
(Subject to revision at future meetings)
UNITED STATES DEPARTMENT OF AGRICULTURE

Owner or lessee of farm.....

P. O. Address..... State.....

Total number of cows..... Number milking.....

Cans of milk produced daily.....

Station where milk is delivered.....

By whom delivered.....

Dairy No..... Date of inspection....., 190

REMARKS.....

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(Signed).....

Inspector.

DETAILED SCORE.

EQUIPMENT.	SCORE. Perfect.	SCORE. Allowed.	METHODS.	SCORE. Perfect.	SCORE. Allowed.
COWS.			COWS AND STABLES.		
Health	6		Cleanliness of cows	8	
Apparently in good health	1		Cleanliness of stables	6	
If tested with tuberculin once a year and no tuberculosis is found, or if tested once in six months and all reacting animals removed	5		Floor	2	
			Walls	1	
			Ceiling and ledges	1	
			Mangers and partitions	1	
			Windows	1	
(If tested only once a year and reacting animals found and removed, 2.)			Stable air	6	
Comfort	2		Barnyard clean and well drained	2	
Bedding	1		Removal of manure daily to field or proper pit	2	
Temperature of stable	1		(To 50 feet from stable, 1.)		
Food	2				
Water	2		UTENSILS AND MILKING.		
Clean	1		Care and cleanliness of utensils	8	
Fresh	1		Thoroughly cleansed	5	
Light: Four sq. ft. of glass per cow	4		Inverted in pure air	3	
(Three sq. ft., 3; 2 sq. ft., 2; 1 sq. ft., 1. Deduct for uneven distribution.)			Cleanliness of milking	9	
			Clean, dry hands	3	
Ventilation: Automatic system	3		Udders washed and dried	6	
(Adjustable windows, 1.)			(Udders cleaned with moist cloth, 4; cleaned with dry cloth at least 15 minutes before milking, 1.)		
Cubic feet of space for cow: 500 to 1,000 feet	3				
(Less than 500 feet, 2; less than 400 feet, 1; less than 300 feet, 0.)			HANDLING THE MILK.		
			Cleanliness of attendants	1	
STABLES.			Milk removed immediately from stable	2	
Location of stable	2		Cleanliness of milk room	3	
Well drained	1		Prompt cooling. (Cooled immediately after milking each cow)	2	
Free from contaminating surroundings	1		Efficient cooling: below 50° F.	5	
Construction of stable	4		(51° to 55°, 4; 56° to 60°, 2.)		
Tight, sound floor and proper gutter	2		Storage: below 50° F.	3	
Smooth, tight walls and ceiling	1		(51° to 55°, 2; 56° to 60°, 1.)		
Proper stall, tie, and manger	1		Transportation: iced	3	
			(For jacket or wet blanket allow 2; dry blanket or covered wagon, 1.)		
UTENSILS.					
Construction of utensils	1				
Water for cleaning	1				
(Clean, convenient, and abundant.)					
Small-top milking pail	3				
Facilities for hot water or steam	1				
Milk cooler	1				
Clean milking suits	1				
HANDLING THE MILK.					
Location of milk room	2				
Free from contaminating surroundings	1				
Convenient	1				
Construction of milk room	2				
Floor, walls, and ceiling	1				
Light, ventilation, screens	1				
Total	40		Total	60	

Score for equipment ____ + Score for methods ____ = ____ **Final score.**

NOTE 1.—If any filthy condition is found, particularly dirty utensils, the total score shall be limited to 49.
NOTE 2.—If the water is exposed to dangerous contamination or there is evidence of the presence of a dangerous disease in animals or attendants, the score shall be 0.

As he scents the pure air and his eye dwells on the soft, bosky pastures, he says to himself, "How good a glass of milk, freshly poured at that old kitchen door, would taste!"

Then he looks over the immaculate dairy, the scrupulous handling and sealing of the milk for transportation, and learns of the fast trains that hurry it to Boston in the cool of the early morning, and he realizes with new satisfaction that it is possible to receive a glass of milk over the counter in the great city, or have a jar left at his house, that is not only as good but probably a great deal better than he ever quaffed as a barefooted boy at his old farm home among the hills.

There are few more picturesque incidents of rural life than these fast milk trains carrying the milk supply from the green hills one hundred miles away, and bringing it to Greater Boston in less time than the old-time producer could carry it in his cart from a very few miles out. The very flavor of the hills and pastures, woods and the streams of the old New England farms seems to be preserved in this perfect sanitary milk, and brought to the doors of every city dweller.

H. P. HOOD & SONS

Wholesale and Retail Dealers in

Milk, Cream and All Dairy Products

General Offices and Chemical and Bacteriological Laboratory

494 Rutherford Avenue, Charlestown, Mass.
'Phone, Charlestown 600

DAIRY LABORATORY

70 Huntington Avenue, Boston, Mass.
'Phone, Back Bay 4430

HOOD'S MODEL CREAMERY

7 Beacon Street and 55 Tremont Street, Boston, Mass.
'Phone, Haymarket 2580

BRANCHES

24 Anson Street, Forest Hills, Mass. 'Phone, Jamaica 1010
289 Pleasant Street, Watertown, Mass. 'Phone, Newton North 1340
425 Main Street, Malden, Mass. 'Phone, Malden 1000
193 Alley Street, Lynn, Mass. 'Phone, Lynn 1410
252 Bridge Street, Salem, Mass. 'Phone, Salem 720
629 Common Street, Lawrence, Mass. 'Phone, Lawrence 54

FARM DEPARTMENT

Hood Farm — 600 Acres, Derry, New Hampshire

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